

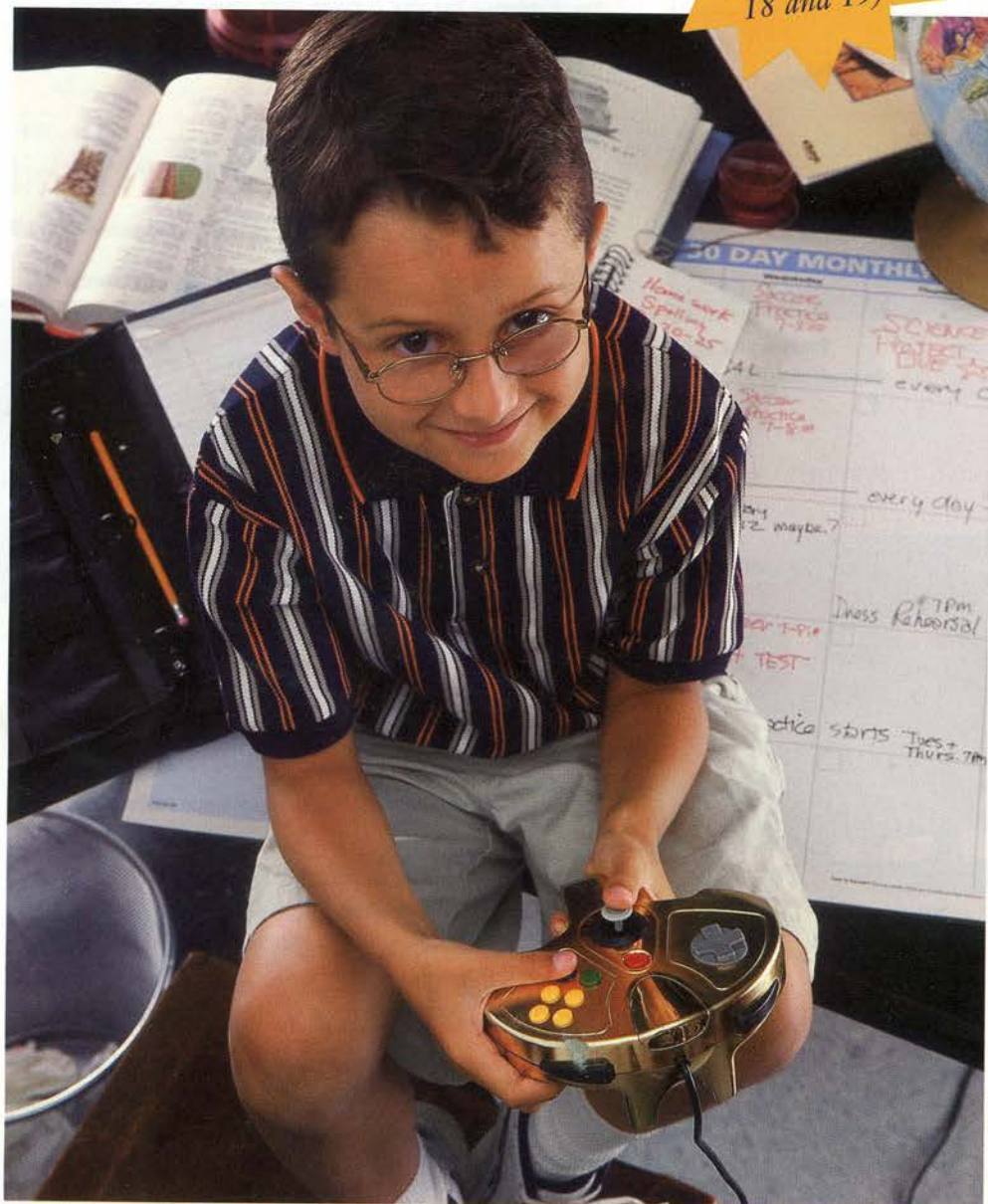
# Healthy You

Lehigh Valley Hospital and Health Network

SEPTEMBER/OCTOBER 2001

- The Overworked Woman
- Diet and Feel Full
- Sneaking In a Workout
- Do I Have an Ulcer?

**Care of  
the Heart**  
(between pages  
18 and 19)



**Plus...Why children, too, need time to relax**

# Healthy You

SEPTEMBER/OCTOBER 2001



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## Focus on Stress

It's been called the health challenge of the modern era, and is a major risk factor for heart disease and other ailments. In this issue, we explore:

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- What children sacrifice when their schedules are too full (page 5)
- The long-term damage women can suffer from taking on too much (page 18)
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### Trying to combat stress yourself?

Check out the exercise classes on pages 29-30, mind/body therapies on page 30, and special programs under What's New for You? (at right).

## What's New for You?

Don't miss the new and notable classes and presentations in this issue. Some highlights:

### ■ Weight4Me Preview—

Check out this new online approach to weight control! page 28



### ■ Health Insurance for the Individual—

Shopping for an individual policy? Explore your options. page 29

### ■ Car Seat Safety Program —

Learn how to choose and install a child's car seat—it can be a life saver. page 31

### ■ Violence Prevention in Children —

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## Tour the Center for Mother and Baby Care on Television



Preparing for your child-birth experience? Now you can tour the Center for Mother and Baby Care at Lehigh Valley Hospital and Health Network right from your living room.

A free videotape walks you through the entire experience—from labor and delivery to recovery and education—at the new center. You'll hear nurses and breastfeeding consultants talk about how they can help you, and you'll see special features such as the private patient/family rooms, sleeping chairs for your partner, in-room dining, baby gift shop, valet parking and more.

For a free copy of the video, call 610-402-CARE.

## Vitality PLUS

If you are over age 50,  
don't miss these stories...

- **The Volumetrics Way to Weight Loss** (page 8)
- **Stress and the Overworked Woman** (page 18)
- **Coping With Chronic Pain** (page 22)
- **Discovering Your Inner Pack Rat** (page 24)
- **Your Assets: Planning Ahead** (page 25)



## SENIORS' HORIZONS

Wednesday and Thursday,  
Sept. 26-27

An event built around  
**YOUR concerns!**

See details on page 27.

## New Cholesterol Guidelines

If you're at high risk for a heart attack, aggressive treatment to lower cholesterol can reduce your risk by as much as 40 percent. That's the message in the new national cholesterol guidelines from the National Institutes of Health. They:

■ recognize **diabetes as a major risk factor**. It poses as great a risk for having a heart attack in 10 years as heart disease itself does. The guidelines call for better identification of those at risk, including people with insulin-related risk factors such as excess fat around the waist and high blood pressure.

■ call for **more aggressive cholesterol-lowering treatment**. The number of Americans using cholesterol drugs could jump from 13 million to 36 million under these guidelines. Some people can control cholesterol with lifestyle alone, and the guidelines recommend more intense lifestyle changes in such areas as weight control, physical activity and reduced daily fat intake.

■ recommend a full **"lipoprotein profile"** (total cholesterol, LDL, HDL and triglycerides) for cholesterol testing. Previous guidelines called for total and HDL only. The guidelines recommend a stronger focus on triglycerides, including more aggressive treatment for elevated levels.

■ set a **new level for HDL** as a major risk factor. Previously, HDL below 35 milligrams was considered too low. You should be concerned when it's below 40.

Ask your doctor how often you need cholesterol testing.

*Want to Know More about your heart attack risk? For a questionnaire, call 610-402-CARE.*



## The new recommended levels

in milligrams per liter

	Desirable	Borderline	Undesirable
Total cholesterol	Below 200	200-239	240 and above
HDL	Above 45	40-45	Below 40
LDL	Below 100	130-159	160 and above
Triglycerides	Below 150	150-199	200 and above

**HDL – high-density lipoproteins**, the "good" cholesterol that helps keep arteries clear

**LDL – low-density lipoproteins**, the "bad" cholesterol that clogs arteries

**Triglycerides** – another fatty substance in the blood



Mantengannos Saludables

# Keep Us Healthy

Don't Cloud Us with Tobacco Smoke

No Fume a  
Nuestro  
Alrededor



www.smokefreevalley.org



Coalition  
Smoke-Free  
Valley

Supported by the Pennsylvania Tobacco Prevention Network  
with funding from the Pennsylvania Department of Health.

**Poster babies get the point across** in a campaign by the Coalition for a Smoke-Free Valley called "Keep Us Healthy." The campaign aims to inform parents about the harmful effects of secondhand smoke—in the home, car and in public—on infants and children. For more information, call 610-402-CARE.

## Hooked on Smoking

**What's the scariest thing you could be addicted to?**

"Tobacco," says Alice Dalla Palu, executive director of the Coalition for a Smoke-Free Valley. "It kills more Americans than alcohol, cocaine, heroin, homicide, suicide, car accidents, fires and AIDS combined!"

Despite this, most people don't take tobacco seriously as a drug. "Tobacco and alcohol have a softer image, mainly because it's legal to purchase them at a certain age," Dalla Palu says. "In fact, a cigarette is the fastest drug delivery device available. The nicotine reaches your brain within five seconds, and the repetitive nature of smoking creates a powerful psychological habit."

Tobacco companies have known for decades how addictive their products are, Dalla Palu says. "They're still being deceptive with labeling. 'Light' cigarettes just make you inhale more deeply, and we're detecting deeper lung cancers as a result. There is no such thing as a safe cigarette."

Almost all heavy smokers start young, and most want to quit. But few manage it on their own. The constant sight of other people smoking triggers a craving that's almost impossible to resist. (See story on addiction on page 14.)

The solution: professional treatment, supported by community policies like no-smoking worksites and higher excise taxes. "If you make smoking conscious, inconvenient and expensive, more people quit," Dalla Palu says. "And that's good for everyone."

***Want to Know More** about nicotine replacement therapy and quitting strategies? Call 610-402-CARE.*

## Back-to-School Immunization Reminder

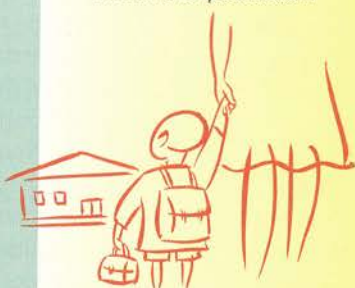
If your child hasn't been immunized for chickenpox (varicella), take care of it now. This serious and sometimes deadly disease is easily preventable. And beginning with the 2001-2002 school year, Pennsylvania will require proof of immunization.

Children entering kindergarten or first grade will need written documentation that they've been immunized (or have had chickenpox). Entering seventh-graders will need proof of chickenpox and hepatitis B immunization. These new rules are in line with the recommendations of the U.S. Centers for Disease Control and Prevention.

Infants and children ages 12 months to 12 years need only a single dose of chickenpox vaccine; adolescents and adults need two doses. Hepatitis B immunization involves three properly spaced doses. All of these vaccines can be given during routine doctor's office visits.

Be sure to review your child's immunization needs with your physician!

***Want to Know More** about hepatitis B and chickenpox? Call 610-402-CARE for printed materials or visit [www.chickenpoxinfo.com](http://www.chickenpoxinfo.com)*





## Spirit of Women

### A mother-daughter team:

Ovarian cancer survivor Roseann Artim of Wescosville and daughter Andréa Madochick of Allentown are winning the fight against cancer for all women. The pair recently volunteered at the Spirit of Women Ride for Cancer to support almost 300 riders, who raised \$5,000 to benefit women's cancer programs at Lehigh Valley Hospital and Health Network. Learn how Madochick and other daughters of women with ovarian cancer are taking charge of their health (see page 13).



## Take Your Health to Heart in 2002!

**T**his winter, Spirit of Women will kick off a special initiative on women and cardiovascular health, hosting programs throughout the year and a major conference in October 2002.

"We'll empower women to learn the truth about heart disease—that more women die from it than from breast cancer," says Marie Shaw, director of Women's Health Services at

Lehigh Valley Hospital and Health Network and Spirit of Women. "Women need to know their cholesterol and blood pressure levels as well as they know their dress and shoe sizes."

Spirit of Women will partner with the American Heart Association and others, and provide programs hosted by expert physicians and health care providers from Lehigh

Valley Hospital and Health Network's Regional Heart Center and other clinical areas.

The initiative also will venture beyond the body into mind and spirit, with activities journeying into all the dimensions of a woman's heart.

***Want to Know More** about Spirit of Women or women and cardiovascular disease? Call 610-402-CARE.*

## INSIDE Lehigh Valley Hospital and Health Network (LVHNN)

● **A 'Best Hospital' Once Again** – For the sixth consecutive year, LVHNN is ranked among "America's Best Hospitals" by U.S.



*News & World Report*, this year for urology and hormonal disorders. The five-time top-ranked urology program includes specialized care for urologic cancer, impotence, urinary incontinence and urinary stone disease, among others. LVHNN offers a unique

case management system for diabetes, thyroid and other hormonal disorders, and strong education and self-care programs through the Helwig Center for Diabetes and Nutrition Education.

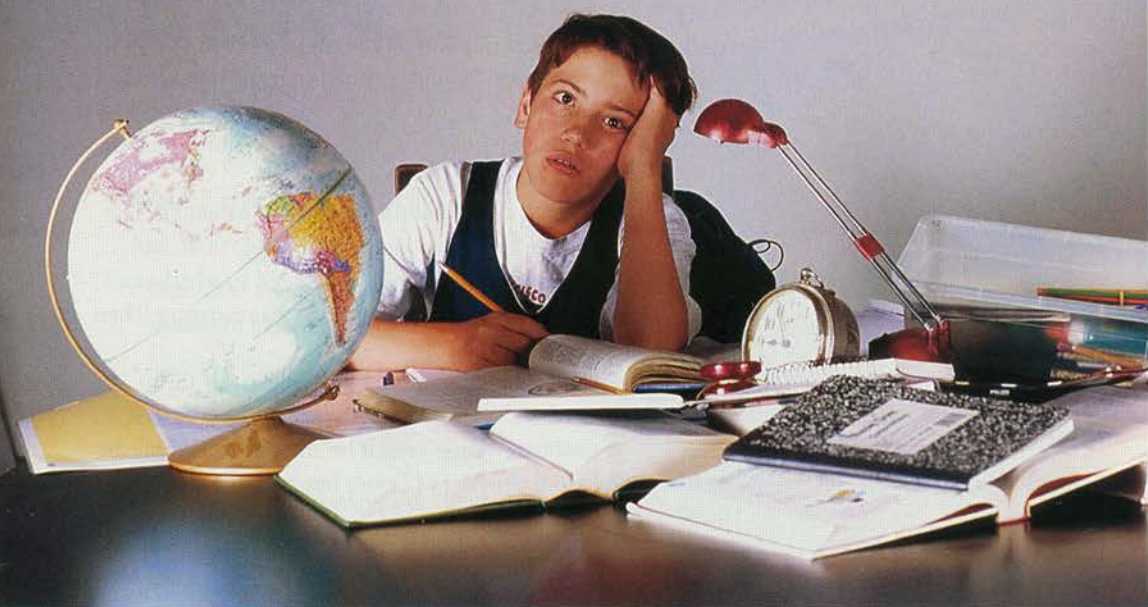
In recent years, LVHNN has earned "America's Best Hospitals" recognition for cardiology/cardiac surgery, geriatrics and respi-

ratory disorders. "It is a tribute to the caliber of our physicians and patient care staff," says chief medical officer Robert J. Laskowski, M.D.

● **Tracking Employee Health** – LVHNN is offering a new program called HeartCalc to area businesses. The service will provide individualized health reports summarizing heart, stroke, diabetes and other risk factors in a single document. *For more information, call 610-402-CARE.*

● **Clinical Research News: Pacemaker for Congestive Heart Failure** – A new, implantable pacemaker is being tested at LVHNN for people with congestive heart failure. The COMPANION study seeks to determine whether electronically synchronizing the heart's two pumping chambers (ventricles) will reduce the need for hospitalization and improve patients' survival rate, ability to exercise and quality of life. *For more information, call 610-402-CARE.*





## Is Your Child Overbooked?

Many children today are so busy they're stressed out. How to detect the problem—and solve it

**M**ichael is on his school's soccer and baseball teams, plays trombone in the band, is an active Boy Scout and takes karate lessons. His weekly schedule includes sports practice, music lessons, scout meetings and soccer tournaments most weekends—all in addition to a couple of hours of homework every night.

Michael is a busy boy, but is he *too* busy? It depends, says pediatrician Scott Rice, M.D., of Lehigh Valley Hospital and Health Network. "If a child is doing well at school and home, getting enough sleep and enjoying himself, the answer is no. But if he's not keeping up or feeling stressed out, something has to give."

There's no doubt structured activities can benefit children, but there has to be a balance, says Thomas Lane, Ph.D., director of the Guidance Program at Lehigh Valley Hospital and

Health Network. He urges parents to weigh the impact of a new activity and talk it over with the child before sending in the sign-up sheet. "Children need time to relax," he says. "It's okay just to watch television or play catch once in a while."

Children also need to be contributing members of the family, a key to their development as caring adults. "If everything revolves around



*Continued on page 6*

## Books (and Web Sites) for the Overbooked

• *Take Back Your Kids: Confident Parenting in Turbulent Times* by William J. Doherty, Ph.D. (Sorin Books, 2000)

• *Hyper-Parenting: Are You Hurting Your Child by Trying Too Hard?* by Alvin Rosenfeld, M.D. (St. Martins Press, 2000)

• [www.hyperparenting.com](http://www.hyperparenting.com)  
• [www.FamilyLife1st.org](http://www.FamilyLife1st.org)

their schedule, what kind of partners or employees will they grow up to be?" Lane says. "Children need to learn that activities don't cancel out doing the laundry or mowing the lawn. The message is: We're giving you a lot of time, energy and resources, but we expect you to do your part, too."

**H**ow can you tell if your child's life is out of balance? The first step, Rice says, is to know your child. "Talk and spend time together so you'll be attuned to what's normal for him or her," he says. "Only then can you recognize when things go off track."

One of the changes to look for is lack of sleep. "If the schedule is so packed and the demands so great they interfere with sleep, it's a problem," Lane says. The amount a child needs varies by age and from person to person, but even teens should get at least 8 1/2 to nine hours a night.

Other signs of an overloaded schedule include:

- headaches, stomachaches or saying "I don't feel well"
- worry, irritability or temper tantrums
- loss of appetite
- loss of interest in activities
- fatigue
- either shutting down or over-reacting emotionally





## Losing Time— and What It Means

Studies show that over the last 20 years, children's free time has declined by 12 hours per week. Why do children need unstructured time? It gives them the opportunity to:

- use their imaginations
- think about the big questions: Who am I? What's my place in the world?
- learn to relax

If yours is a single-parent or divided home, be aware there's built-in potential for overbooked schedules. "Having time with both parents is vital," Rice says. "But having to be at mom's house today, dad's tomorrow and the babysitter's the next day adds stress."

**How can you help an overscheduled child?** "If you've established good communication, sit down together and tell your child that you are stressed, he is stressed, and you have to get rid of something," Rice says. "Ask what he would get rid of first. The final decision should be yours, but the child's input is critical."

You don't necessarily have to stop the activity right then and there. You can agree to finish out the season or year, then pare back the schedule.

"If the two of you don't communicate well or understand each other, you may need to call a counselor, social worker or psychologist," Rice says. "A third party can analyze the situation from an outside viewpoint and help you decide what needs to happen."

Be sure to seek professional help, Lane says, if you see changes like these in your child's or family's behavior on an ongoing basis:

- significant friendship changes
- significant mood changes
- sleep disturbances
- anxiety, worry or panic attacks (episodes of severe worry, shortness of breath, pounding heart, sense of dread)
- parents routinely angry with each other
- family responsibilities being overlooked

The key is that these symptoms are ongoing, not just one-time events. "A bad day is one thing, but a pattern of bad days is cause for concern," Lane says. ●

**Want to Know More?** Call 610-402-CARE for a checklist to help determine if your child is overscheduled, or for information on behavioral health services at Lehigh Valley Hospital and Health Network.



# The **VOLUMETRICS** Way to We

This new approach shows you how to cut calories, yet still feel full

**S**loria Reenock tried several weight loss programs before coming to the Helwig Center for Diabetes and Nutrition Education at Lehigh Valley Hospital and Health Network. "I'm not diabetic," she says, "but both my parents are. I knew I had to change my eating habits and lifestyle."

And so she did, with the help of registered dietitian Elizabeth Brown and a weight management program called Volumetrics.\* Reenock, a registered nurse, is down 10 pounds so far. "It's not the weight loss that's so important," she says, "but learning to make better food choices."

**The key to Volumetrics is choosing high-volume foods that make you feel full.** "This system is not a diet," Brown says, "just a common-sense program of healthy eating." Here's the basic idea: When you add water, fiber or air to foods—for example, making a piece of chicken into chicken soup—it increases the volume and you feel full on fewer calories. Then you can lose weight without feeling deprived.

Compare a snack of 10 jelly beans versus 2 3/4 cups of strawberries. Both have 100 calories, but the higher-volume strawberries do a better job filling you up (and are more nutritious, too).

Volumetrics evaluates foods by their energy density (E.D.), or calories per gram (see chart below). The foods to limit are those with high E.D.—like potato chips—that pack a lot of calories into a few grams. It's the volume, not the calories, that makes you feel full. That's why you have to eat the whole bag to feel satisfied, instead of the recommended 12-chip serving.

**Unlike many weight loss plans, Volumetrics doesn't eliminate fats.** "Besides supplying necessary nutrients, fats enhance the flavor of food and help you feel full longer," Brown says. "But too much fat is harmful." Lower your fat intake by limiting fried foods and choosing leaner meats and low-fat dairy products and salad dressings.

Volumetrics also promotes losing no more than two pounds a week. "Slower weight loss can actually change your set point,"

## Calculating Energy Density (E.D.)

**Step 1:** Find weight in grams next to serving size.  
Here, it's **122 grams**.

**Step 2:** Find calories per serving.  
Here, it's **80 calories**.

**Step 3:** Divide calories by weight.  
**80 calories** divided by **122 grams** = E.D. of **0.65**.

Eat more foods with low E.D. (1.5 or below) such as skim milk, many grains, low-fat meats and most fruits and vegetables.

Eat fewer foods with high E.D. (4.0 and up) such as crackers, candy, cookies, nuts and butter.

Nutrition Facts			
Serv. Size 1/2 cup (122g)			
Servings about 2.5			
Calories 80		Fat Cal. 0	
Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 0g	0%	Total Carb. 19g	6%
Sat. Fat 0g	0%	Fiber 0g	0%
Cholest. 0mg	0%	Sugars 18g	
Sodium 10mg	0%	Protein 0g	
Vitamin A 0% • Vitamin C 35% • Calcium 0% • Iron 2%			
*Percent Daily Values (DV) are based on a 2,000 calorie diet.			



# ight Loss

Brown says. "That's the weight your body 'prefers' to be, within a 10-pound range. If you lose slowly, your body accepts the lower weight as normal."

**Another hallmark of the program is the visual side of eating.**

"When your plate *looks* full, you expect to feel satisfied when you finish your meal," Brown says. She suggests using one-quarter of your plate for meat or fish, one-quarter for rice, pasta or potatoes, and the remaining half for fruits and vegetables. "Since we need nutrients from

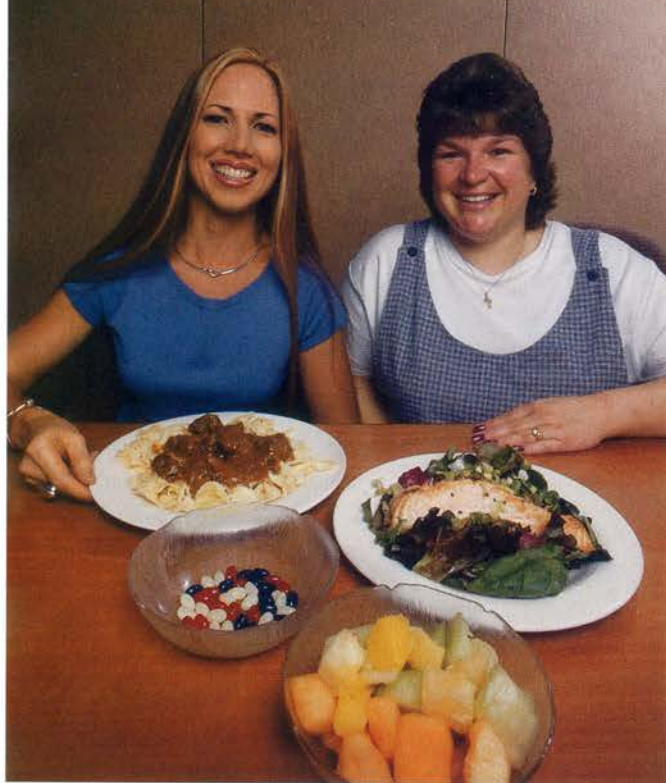
every food group, diets that eliminate fats or carbohydrates fail in the long run," Brown says. "People start eating the forbidden foods because their bodies crave the missing nutrients, and they regain the weight."

Reenock is thrilled the program doesn't forbid any foods. "I love dessert and crave chocolate," she says, "but now I'm satisfied with a healthy meal and just a taste of cake afterward."

**Like all good weight management systems, Volumetrics includes exercise.** "Fitness is vital to a healthy lifestyle, besides helping to maintain weight loss," Brown says. Reenock and her husband walk, bike or play tennis in the evenings. As a result, she looks and feels better. Clothes that were once too tight now fit comfortably.

With tips and encouragement from Brown and her staff, Reenock finds Volumetrics easy to understand and follow. Because no food is forbidden, she thinks this plan is easier to stick to than others. "Volumetrics is just common sense, not like those diet fads that advertise quick weight loss," she says. "It takes time to change old habits and lose pounds gained by years of unhealthy eating." ●

**Want to Know More?** For a menu comparing sample high- and low-energy-density foods, or information on the Helwig Center's weight management program, call 610-402-CARE.



**The do's and don'ts of Volumetrics – Dietitian Elizabeth Brown (left) shows some foods to avoid or limit, such as jelly beans and fatty beef stroganoff on noodles. Gloria Reenock shows the kinds of foods that helped her lose 10 pounds: salmon salad and fresh fruit.**

*"The term 'Volumetrics' is from Barbara Rolls' book The Volumetrics Weight Control Plan (Quill/Harper Collins, 2000).*

## But What About Chocolate?

"Scientists are still researching why we crave chocolate," dietitian Elizabeth Brown says. "When the urge strikes, try an eight-ounce glass of chocolate soy milk. Its rich taste satisfies cravings and is more filling than a candy bar, for less than half the calories. If you really need a piece of chocolate, eat a small piece after dinner as dessert."

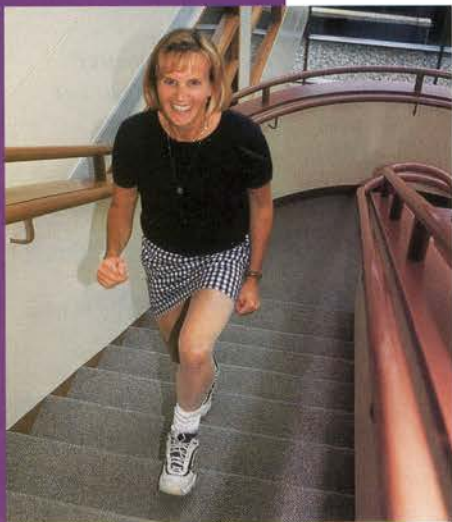


# Sneaking In a Workout

If you're too busy or too unmotivated to stay fit, there's help for you!

## Sneaky Hints

- Do sit-ups or stretches while watching television.
- Hand wash the car instead of taking it to an automatic car wash.
- At a shopping center or at work, park in the most distant spot.
- Go for a stroll on your lunch or coffee break.
- Take the stairs, not the elevator.



*She takes the stairs, and then some – Linda Mejias of Allentown gets an extra mini-workout by going up two steps at a time.*

**A**re you convinced that exercise has to gobble up huge chunks of time? That it's no fun? That it only works if you're in a huffing-and-puffing state of misery?

If that's the way you feel, says Gregory Salem, director of Healthy You programs at Lehigh Valley Hospital and Health Network, it's no wonder you're pouting on the sidelines. "Your 'excuse gland' has kicked in," he says.

In reality, even people with very busy schedules and an aversion to gyms can find ways to enjoy the physical activity so important to their health and well-being. All it takes is flexibility, creativity and keeping the big picture in mind.

## Be flexible

**How much activity do you really need?** "A realistic goal is 180 minutes (three hours) a week," says internist and geriatrician Francis Salerno, M.D., of Lehigh Valley Hospital and Health Network. "But that doesn't mean you have to get it in a specific pattern, like 30-minute sessions six times a week."

Of course, a once-a-week mega-session 180 minutes long won't do (even if your body could take that kind of punishment). It's best, Salerno says, to get some exercise daily or at least every other day. But you certainly can

follow a fitness routine of short, 10- or 15-minute "mini-workouts" throughout the day and week.

## Be creative

**The next step in working in workouts is to use your imagination.** You can sneak exercise into all kinds of other daily activities, Salem says. "It's really about finding what will fit your lifestyle. For example, I have a friend who loves to shop. Each time, she exercises her body by walking around the mall a few times before exercising her credit card."

Here's another strategy: enliven a dull workout by building other pleasures into it. While he's walking on his treadmill, Salerno also uses the time to meditate, pray or listen to books on tape. Make your workout time fly by distracting yourself with a television or radio program; it's a good way to catch up on the day's news. Or



*He gets more out of his desk – Robert Murphy, M.D., plastic surgeon at Lehigh Valley Hospital and Health Network, takes quick push-up breaks without even leaving the office.*



nourish a relationship with a friend or family member by going for a quick daily walk or run together.

## Take the long view

Achieving physical fitness in the face of a busy schedule is a matter of perspective. "People tend to confuse long-term and short-term goals," Salem says. "Your long-term goal is to lose weight and get into better shape, but that's not going to happen overnight. Meantime, focus on the short-term goal—making a commitment to fit mini-workouts in every day. That's doable, and it saves you from falling into the 'all or nothing' trap when it comes to physical fitness."

Many of the exercises Salerno and Salem recommend for these short workouts (see photos) are modifications of everyday tasks. Ideally, your workouts should include three different types of exercise:

- endurance, for your heart (walking, running, climbing stairs)
- resistance, for your muscles (lifting grocery bags, carrying children)
- balance, for your whole body (stretching, yoga, Tai Chi) ●

*Want to Know More about exercise benefits and how-to's? For past **Healthy You** stories, call 610-402-CARE and check out the fitness classes starting on page 29.*

***His lawn helps keep him fit – Clinton Baltimore of Whitehall uses a push mower for a home-based mini-workout.***



***They're active spectators – At brother Joshua's baseball game, Jonathan Nicklas and his mother, Maria, of Northampton take a walk around the field.***

■ Actively play with your children instead of just watching them.

■ When you're at a sporting event, walk around the perimeter of the field as you watch.

■ Do something active while talking on your cordless phone.

■ Have a "walking meeting" rather than convening around a table.

■ If you have time in the airport, walk instead of taking the moving walkway.

■ If using public transportation, get off a couple of stops before yours and walk the rest of the way.

■ Pick up your lunch (on foot) instead of having it delivered.

■ Use a push lawnmower when possible rather than a riding mower.



# Do I Have an Ulcer?

If tests  
show you do,  
you may be  
surprised at  
the reason why

**T**he spicy food, the stress at work, and now your stomach's acting up. Could it be an ulcer? Only your doctor can say for sure—but if you do have an ulcer, it's not because of anxiety or hot peppers.

For years, people blamed ulcers on stress, alcohol or spicy foods. "We now know that in 80 to 90 percent of cases, the culprit is bacterial," says Bruce Ellsweig, M.D., family practice physician at Lehigh Valley Hospital and Health Network. This discovery has transformed ulcers from a condition you have to live with to a condition that usually can be cured.

An ulcer is a sore on the lining of your stomach ("gastric ulcer") or nearby small intestine ("duodenal ulcer"). The major cause is *H. pylori* bacteria, especially in people over age 60. Ulcers also can result from long-term use of pain relievers called non-steroidal anti-inflammatory drugs (NSAIDs). These include aspirin and ibuprofen.

**About those symptoms: The most common sign of ulcers is a gnawing, dull ache** that comes and goes for days or weeks, Ellsweig says. "It occurs two or three hours after a meal or at night when the stomach is empty, and can be relieved by eating something."

Because this symptom also can signal heart, pancreas, gallbladder or bowel disease, see your doctor for an accurate diagnosis. You'll probably have a series of X-rays or endoscopy (a method of viewing the stomach lining), along with lab tests to

detect *H. pylori*.

There are several good treatment options for ulcers (see *Want to Know More?* below), and researchers are constantly learning more. But prevention is still a question mark. One in five Americans is infected with *H. pylori*, possibly through food, water or close contact with an infected person. But most don't wind up with an ulcer. "Some people are genetically vulnerable to developing them," Ellsweig says.

"You can lower your risk of getting an ulcer," he says, "by avoiding irritants to the stomach lining, such as smoking, caffeine and alcohol. If you use NSAIDs, be cautious and always take them with food." ●

## When It's an Emergency

Call your doctor immediately if you have:

- sharp, sudden, persistent stomach pain
- black or bloody stools
- bloody vomit

The cause could be a perforated or bleeding ulcer or stomach blockage, all of which are serious problems.

*Want to Know More? For detailed information on causes and treatment of ulcers, call 610-402-CARE.*

Illustration by Barbara Field



# When Cancer Is in the Family

**H**er mother's ovarian cancer has brought two kinds of fear into the life of Staci Smith. The 26-year-old Allentown woman worries about her mother, and also about herself and her sister. "Since this type of cancer is hereditary, Pam and I are concerned about the possibility of being diagnosed with it ourselves," Smith says. "We're also concerned about Pam's four daughters."

Cancer risk does rise if you have a close relative with the disease, says Richard Boulay, M.D., gynecologic oncologist (women's reproductive cancer specialist) at Lehigh Valley Hospital and Health Network. "But there are many options to help with early detection, which is the best way of addressing the issue," he says.

That has motivated Smith to take charge of her health. Here is how she and other young women whose mothers have faced ovarian cancer are doing that:

**"I'm exploring genetic testing,** which tells you if you have the gene for ovarian cancer," Smith says. Women with this gene have a 40 percent chance of developing the disease, versus 1.5 percent in women who do not have it. One of the options for women with the gene is removal of the ovaries. This eliminates their risk of ovarian cancer, Boulay says, although it does not reduce the risk of other cancers.

**"I take the birth control pill,"** says 39-year-old Andréa Madochick of Allentown. It can reduce the risk of developing ovarian cancer by 30 percent, Boulay says.

**"I have yearly gynecologic exams and ultrasounds** to detect ovarian tumors," both Smith and Madochick say. Even so, ovarian cancer can be difficult to detect. (It's not detected by a Pap test, which is for cervical cancer). For this reason, all women should be aware of ovarian cancer symptoms, Boulay says, which include ongoing bloating, fullness and stomach discomfort.

**"I do healthy things every day,"** says 15-year-old Nancy Waring of Allentown. She and her mother have changed their diets together. "We drink more water and have reduced our intake of caffeine, fat and sugar," she says. "I also dance, play sports and take vitamins." While researchers haven't found a link between lifestyle and ovarian cancer prevention, a healthy diet and regular exercise do help prevent heart disease, diabetes and many other problems.

**"I learned about my family health history** and I encourage other women to ask their mothers about their gynecologic health," Madochick says. "You can't afford to be embarrassed to talk about it." ●

***Want to Know More?** For a list of mother-daughter health questions, call 610-402-CARE.*

## How daughters of women with ovarian cancer take charge of their own health



*Strolling in the Garden of Hope at Lehigh Valley Hospital's John and Dorothy Morgan Cancer Center are (l-r) Staci Smith, Andréa Madochick and Nancy Waring.*



This widely used  
word applies  
to a specific  
disease.  
Who is at risk,  
and how can they  
be helped?



# What Is 'A

**I**t's not a moral weakness...it's not a crime...it's not a matter of "you could stop if you *wanted* to." Addiction is a disease, says psychiatrist Laurence Karper, M.D., of Lehigh Valley Hospital and Health Network. And people who are addicted, whether the substance in question is alcohol, nicotine or heroin, need and deserve treatment.

That first drink or cigarette, to be sure, is usually by choice. But depending on the substance and the person, it can soon become abuse or dependence—terms that define how severe the problem is. "If you have three or more incidents related to your substance use in different areas of your life—for example, you lose your job, your spouse leaves and your doctor says alcohol is harming your liver—you have gone beyond 'abuse' and into 'dependence,'" Karper says.

Because of the brain changes caused by alcohol and drugs, people who are dependent on those substances need more and more to get the same effect, Karper says. And they suffer withdrawal symptoms when they stop, ranging from anxiety and sweating to seizures and even death. While nicotine withdrawal doesn't cause such dire symptoms, it can be just as hard because of the psychological side of addiction: even years after you quit, seeing someone light up can trigger a strong craving.

**A**re some people more at risk of addiction than others? Your risk rises if you have anxiety disorder or depression, have a family history of substance abuse or begin using at an early age. "There isn't an 'addictive personality' as such," Karper says.

"Character traits like lying may be caused by the addiction, not the cause of it. But impulsive people are at higher risk, and addictions definitely cluster—cocaine/alcohol and nicotine/alcohol are very common combinations."

While substance abuse is down overall in the United States today, 14 million Americans are still hooked on drugs, 14 million on alcohol and 47 million on nicotine (see story on page 3). The Lehigh Valley is not immune from big-city drugs, Karper says. "Cocaine and heroin are serious problems here."

**The good news is that addiction can be treated successfully.** The outlook is even better for the future, with new medications and continuing research on how drugs affect the brain.

The choice of treatment approaches—medica-







# ADDICTION'?

## Warning Signs of Substance Abuse

- You have a hard time controlling your use (for example, at parties you drink more than you meant to).
- You've tried to cut back but can't.
- People around you think you have a problem.

tions, inpatient or outpatient counseling, family support, 12-step programs like Alcoholics Anonymous—depends on the person's needs and circumstances. "Generally, the longer and more intensive the treatment, the better the result," Karper says. "The challenge is getting people to stay in treatment and finding the resources to pay for it, since many lack insurance."

As with any illness, the best way to beat addiction is to prevent it. Anti-drug ad campaigns are playing a role: research shows these messages have significantly reduced usage among children and teens. But the family is key. "Talk to your children about how alcohol and drugs can hurt them," Karper says. "Have family policies, and make them clear. Monitor what's going to happen at a party before allowing your child to attend. Most important, be a good role model yourself." ●

*Want to Know More? For a past **Healthy You** story on obsessive-compulsive disorder, or for referral to a mental health professional, call 610-402-CARE.*

## Can You Be "Addicted" to Gambling, Shopping or Work?

These *compulsive* (can't stop) or *impulsive* (can't control) types of behavior are not addiction in the strict sense, psychiatrist Laurence Karper, M.D., says. "The compulsive gambler may feel a similar kind of craving, and 12-step treatment can be valuable. But it isn't a substance addiction."

Compulsive behaviors may stem from an underlying emotional problem—for example, the person who shops or eats compulsively to relieve depression. "These behaviors also can lead to serious physical and emotional problems," Karper says, pointing to the workaholic who neglects sleep, meals and family time. The difficulty with compulsive eating, work or shopping, he says, is that you can't avoid doing these things—you can't go "cold turkey." If something you can't say no to is affecting your life, seek professional help.





# Men, Boys and Anger

Learning to communicate emotions effectively can help prevent

**A frustrated high school boy takes a gun to school.** An angry husband verbally and physically abuses his wife. A man is demoted at his job and assaults his supervisor.

These violent acts are all the result of an inability to express anger and other emotions in a healthy way, says Gerald Rodriguez, program director of Muhlenberg Behavioral Health, Lehigh Valley Hospital and Health Network. "Traditionally, males have been raised to be strong and in control and to take care of business," he says. "When life interrupts that pattern, there can be tremendous frustration."

Many boys and men never learn to relieve that frustration. They wind up expressing their pent-up stress and anger in a violent rage that spills over into school, neighborhood, home and workplace. Or they may retreat into passive isolation, which can lead to physical problems such as headaches, gastrointestinal symptoms, insomnia or other ailments, Rodriguez says.



## Expressing emotions constructively

Boys and men need to learn the communication skills that allow them to express their emotion in nondamaging ways. In anger management workshops, Rodriguez teaches five secrets of effective communication "under fire":

- **Disarming:** Find some truth in what the other person is saying.
- **Empathy:** Acknowledge what the other person is thinking and feeling.
- **Inquiry:** Ask gentle, probing questions: "What is it specifically that has you going?"
- **"I" Statement:** "I'm going to tell you how I feel..."
- **Stroking:** Find something genuinely positive to say about the other person.

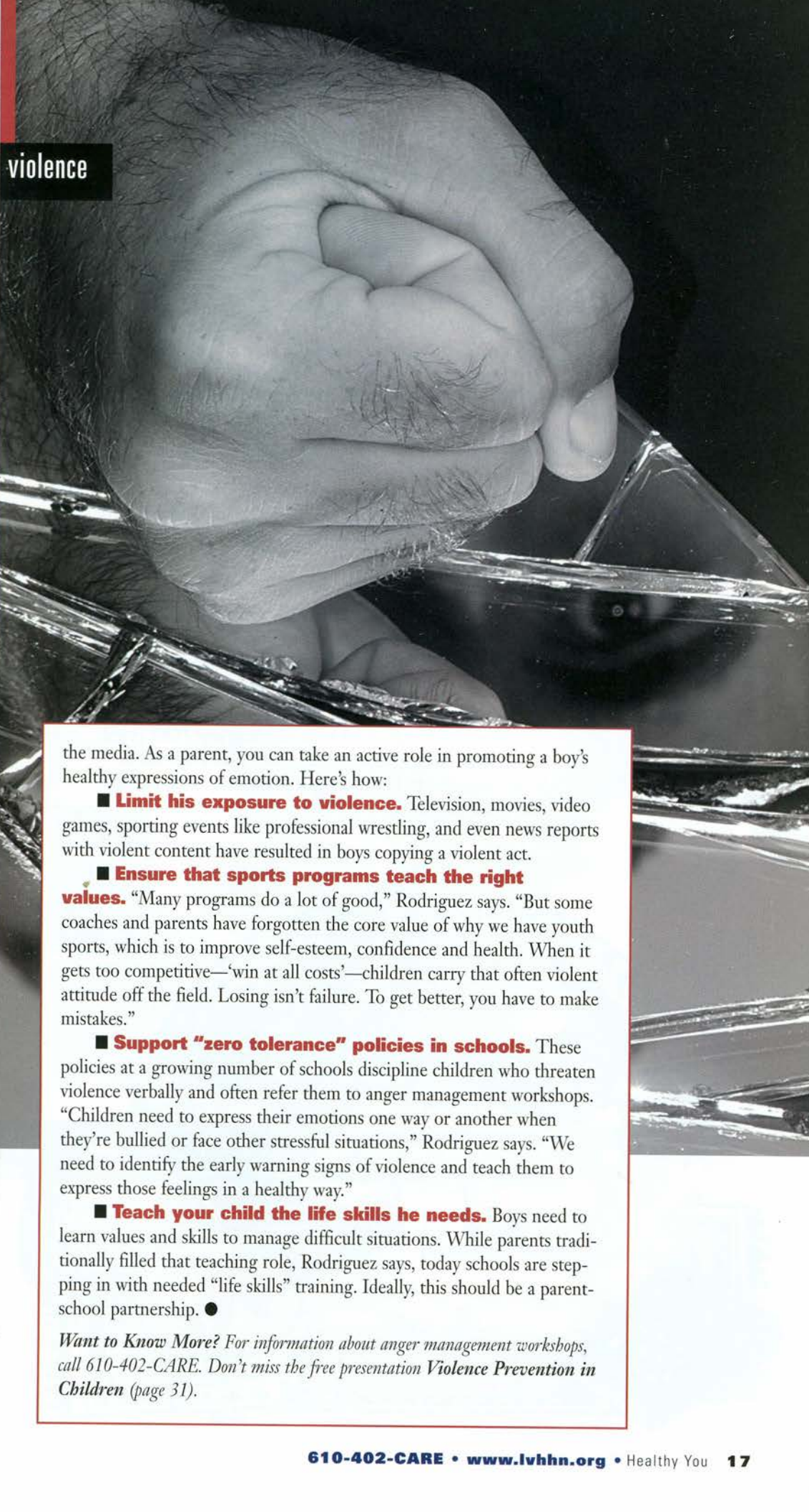
"These simple-sounding skills can be very difficult to achieve," Rodriguez says. "But men who learn how to communicate find that they have fewer mood swings, rely less on intimidation and control, and improve their personal and work relationships."



## Learning healthy patterns early

Poor anger management begins to develop as early as 5 or 6 years old, Rodriguez says. It can be the result of negative family role models, overly competitive sports or violence glorified in





the media. As a parent, you can take an active role in promoting a boy's healthy expressions of emotion. Here's how:

■ **Limit his exposure to violence.** Television, movies, video games, sporting events like professional wrestling, and even news reports with violent content have resulted in boys copying a violent act.

■ **Ensure that sports programs teach the right values.** "Many programs do a lot of good," Rodriguez says. "But some coaches and parents have forgotten the core value of why we have youth sports, which is to improve self-esteem, confidence and health. When it gets too competitive—'win at all costs'—children carry that often violent attitude off the field. Losing isn't failure. To get better, you have to make mistakes."

■ **Support "zero tolerance" policies in schools.** These policies at a growing number of schools discipline children who threaten violence verbally and often refer them to anger management workshops. "Children need to express their emotions one way or another when they're bullied or face other stressful situations," Rodriguez says. "We need to identify the early warning signs of violence and teach them to express those feelings in a healthy way."

■ **Teach your child the life skills he needs.** Boys need to learn values and skills to manage difficult situations. While parents traditionally filled that teaching role, Rodriguez says, today schools are stepping in with needed "life skills" training. Ideally, this should be a parent-school partnership. ●

*Want to Know More?* For information about anger management workshops, call 610-402-CARE. Don't miss the free presentation *Violence Prevention in Children* (page 31).



# Stress

## and the Overworked Woman

- ✓ make Grandpa's birthday cake...
- ✓ call Mom about mammogram...
- ✓ write sales report...
- ✓ take dog to vet...
- ✓ help Molly finish college application

**T**oo many responsibilities and not enough time? You're not alone. Lots of women in their working years have daunting "to-do" lists, says obstetrician/gynecologist John Scaffidi, M.D., of Lehigh Valley Hospital and Health Network—and it's putting them in a constant state of stress.

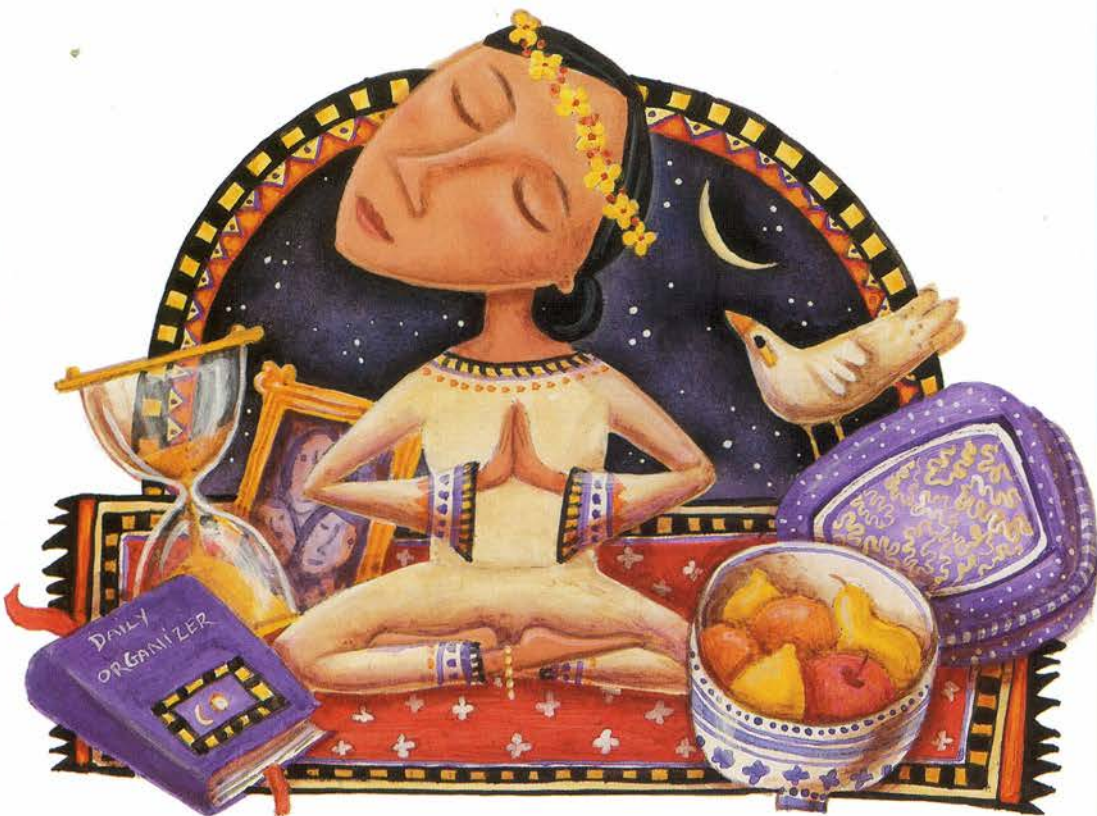
"Stress is all about arousal," says Scaffidi's colleague, psychiatrist Susan Wiley, M.D. "We need a certain level to perform at our peak. But too often it goes past that point, causing muscle tension, increased heart rate, elevated blood pressure and other symptoms."

Each woman shows stress in her own way. Headaches, upset stomach, the blues, asthma, muscle pains, hives, sleeplessness, disinterest in sex, menstrual problems—Scaffidi sees a growing number of these symptoms (and combinations of them) in his patients.

**The real problem with stress isn't so much the symptoms themselves as the damage they cause over time.** Muscle tension, for example, can lead to permanent stiffness and inactivity. "And chronic stress," Scaffidi says, "is a well-known risk factor for heart disease, the number-one killer of women as well as men."

It's not as though stress were anything new. "Our grandmothers had to cope with wars and the Great Depression," Wiley says. The main stressor today, she says, is the multiple (and often competing) roles women play. "In the past we focused

Illustration by Cindy Revell







# The REGIONAL HEART CENTER

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**Where would YOU go for expert heart care?**

**LEHIGH VALLEY**

HOSPITAL AND  
HEALTH NETWORK

*When it matters most.*



**Where would YOU go for expert heart care?**

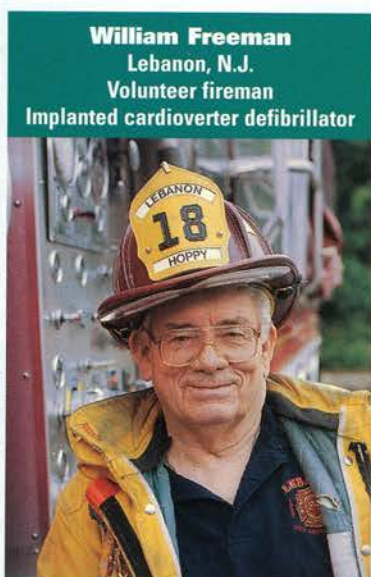
Like the men and women in these pages, people from all over our region (and beyond) come to Lehigh Valley Hospital for expert cardiac care. They know that when it comes to your heart, you don't take chances.



You choose Lehigh Valley Hospital,  
**one of the largest, most experienced,  
most sophisticated heart hospitals  
in all of Pennsylvania.**



**David Best**  
Hamburg, Pa.  
Teacher  
Heart bypass surgery



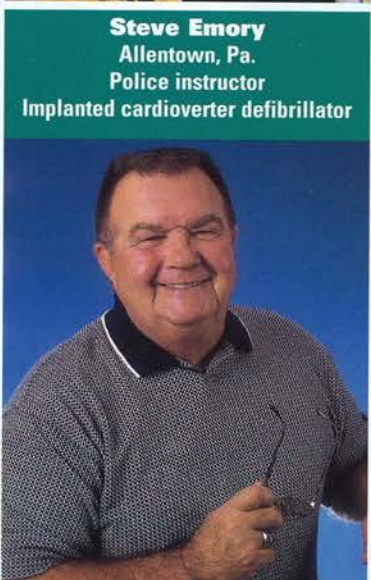
**William Freeman**  
Lebanon, N.J.  
Volunteer fireman  
Implanted cardioverter defibrillator



**George Albright**  
Catasauqua, Pa.  
Retired steel worker  
Coronary angioplasty



**Carolyn Giles**  
Bangor, Pa.  
Retired nurse  
Coronary angioplasty



**Steve Emory**  
Allentown, Pa.  
Police instructor  
Implanted cardioverter defibrillator



**James Kelly**  
Pottstown, Pa.  
Retired machinist/tool maker  
Aortic valve replacement



# Local people share their

Expert diagnosis, state-of-the-art care and support on the journey



**Joseph Drane**  
Shawnee-on-the-Delaware, Pa.

Drane's artery. Then he and radiation oncologist Clinton Leinweber, D.O., threaded a catheter holding tiny radioactive pellets into the stent. After three minutes of low-dose radiation, Joe Drane was back in the clear.

## A brand-new procedure keeps his artery open

**J**oe Drane was cross-country skiing when he felt a pain near his jaw. He guessed what was wrong: his coronary artery was reclosing. Specialists at Lehigh Valley Hospital had cleared the blocked artery six months earlier, inserting a tiny tube (stent) to keep it open. But scar tissue had grown inside, as happens in 20 to 30 percent of stent patients. Once again, Drane had come to the right place. He was first in the region to get a newly approved treatment called brachytherapy, which the hospital had helped research. Cardiologist Raymond Durkin, M.D., reopened

■ **Lehigh Valley Hospital has performed 25,000 open heart surgeries since our program began in 1974.**



**Dennis Zellner**  
Lehigh, Pa.

## His heart was repaired without missing a beat

**W**hen Dennis Zellner learned from his cardiologist, James Sandberg, M.D., that he needed another heart bypass, he thought he knew what to expect—he'd had the surgery 12 years earlier. But as he found out from heart surgeon Michael Sinclair, M.D., a lot has changed since then. He no longer needed to have his heart stopped and his body connected to a heart-lung machine, since he was eligible for a new approach—beating heart surgery. Recovery is faster, and there's less risk of stroke or of the memory problems Zellner had had the first time. Says the satisfied patient: "Dr. Sinclair kept me alive for 12 years, then repaired my heart while it was beating—that's amazing!"

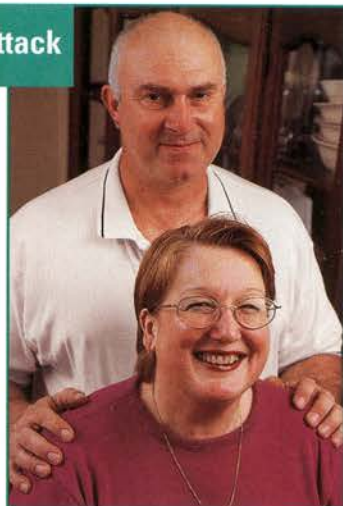


# stories

by back to a full, healthy life

## She didn't know she was having a heart attack

**B**everly Carver thought it must be stress or asthma causing her chest pains. Her husband, Bill, was the heart patient; she was just sitting there at Lehigh Valley Hospital waiting for him. Besides, she was only 45 years old. She didn't see her family doctor, Bruce Ellsweig, M.D., until a week later—and was amazed to get an immediate stress test. At Ellsweig's urging, she went along on her husband's follow-up visit to cardiologist Gene Ordway, M.D. When tests showed that two of her arteries were severely blocked, Ordway referred her to surgeon Antonio Panebianco, M.D. After a double bypass, Carver is doing fine—and spreading the word to other women. "Get yourself checked!" she says. "At 45, you're not too young to have a heart attack."



**Beverly and Bill Carver**  
Raubsville, Pa.

## He's a veteran of the cath lab

**K**urt Smith cheered loudly at the Eagles game last October, but afterward he had chest pains and trouble catching his breath. "I knew I was having a heart attack," he says. "I'd already had two." That night in the Grand View Hospital ICU, cardiologist Paul Hermany, M.D., told Smith he was sending him to Lehigh Valley Hospital. "I



**Kurt Smith**  
Telford, Pa.

had a catheterization there in 1999 and knew it was where I needed to be," Smith says. In the cath lab, cardiologist J. Patrick Kleaveland, M.D., found a significant blockage in an artery and treated it with angioplasty and stenting. Smith is cheering again. "I'm much more comfortable coming to Lehigh Valley Hospital than going to Philadelphia for my heart care," he says.

■ **Heart patients have better outcomes when treated at hospitals that do a high volume of heart-related tests and treatments.** Each year, Lehigh Valley Hospital performs

- nearly 5,000 catheterizations
- 1,900 angioplasties
- 1,250 procedures for electrical problems of the heart
- more than 1,200 open heart surgeries

Our open heart surgery program is the third largest in Pennsylvania.



## Her family has a history of heart disease

**B**arbara Pangburn was a classic candidate for heart disease: past menopause, overweight, diabetic, with high blood pressure and a history of heart attacks in her mother's family. "But I thought it wasn't going to happen to me," she says. When she felt a strange tightness in her chest while walking up and down stairs, she blamed it on chronic bronchitis.

Cardiologist Deborah Sundlof, D.O., wanted to make sure. When a stress test and catheterization revealed a 95 percent blockage of Pangburn's coronary artery, Sundlof's colleague, John Mannisi, M.D., performed an angioplasty with stent to keep the artery open.

After this wakeup call, Pangburn—who'd achieved a major weight loss several years ago—took new actions to reduce her heart disease risk. She changed to a low-fat diet and began exercising regularly. "Today, I can walk up and down 40 steps with no tightness," she says. She's even encouraging her brothers and sister to take charge of their heart health.

"It gives me peace of mind," Pangburn says, "to know my heart is in good shape."



**Barbara Pangburn**  
Bethlehem, Pa.

■ We focus on the comfort, convenience and privacy of our patients—the best possible care, when it matters most.

## You'll find it all at Lehigh Valley Hospital

### ■ Specialized Inpatient Care Units

### ■ Diagnostic Services

- Electrocardiograms
- Portable heart/blood pressure monitoring
- Exercise/stress testing
- Nuclear cardiac studies
- Echocardiograms
- Peripheral vascular studies

### ■ Diagnostic/Treatment Services

- Cardiac catheterization
- Angioplasty/stenting/atherectomy
- Brachytherapy
- Electrophysiology
- Heart rhythm studies
- Ablation
- Pacemaker/defibrillator implantation
- Tilt-table testing

### ■ Surgery Services

- Open heart surgery (bypass, valve)
- Beating heart surgery
- Minimally invasive heart surgery
- Diabetic heart surgery program
- No-transfusion option
- Post-surgical home visit

### ■ Cardiac Rehabilitation

- Inpatient and outpatient

### ■ Prevention and Wellness

- Nutrition counseling and classes
- Fitness facilities and classes
- Stress reduction classes
- Screenings—cholesterol, blood pressure

**Want to Know More** about any of these services? Call 610-402-CARE (toll-free 888-LVH-CARE).

■ 60% of our specialists are on the faculty at Penn State University College of Medicine.



## CARDIOLOGISTS

---

*D. Lynn Morris, M.D., Chief*

### **The Heart Care Group**

Donald Belmont, M.D.  
Ian Chan, M.D.  
William Combs, M.D.  
Raymond Durkin, M.D.  
Bruce Feldman, D.O.  
David Goldner, M.D.  
Paul Gulotta, M.D.  
J. Patrick Kleaveland, M.D.  
Bryan Kluck, D.O.  
Norman Marcus, M.D.  
William Markson, M.D.  
D. Lynn Morris, M.D.  
Joseph Neri, D.O.  
Stephen Olex, D.O.  
Robert Oriel, M.D.  
James Pantano, M.D.  
Jamie Paranicas, M.D.  
Gerald Pytlewski, D.O.  
Michael Rossi, M.D.  
James Sandberg, M.D.  
Melvin Schwartz, M.D.  
Bruce Silverberg, M.D.  
William Smolinski, D.O.  
Ronald Stein, M.D.  
Steven Zelenkofske, D.O.

### **John J. Cassel, M.D., PC**

John Cassel, M.D.  
Eugene Ordway, M.D.  
Andrew Potash, M.D.  
Jeffrey Snyder, M.D.

### **Lehigh Valley Cardiology Associates**

Nadeem Ahmad, M.D.  
Kenneth Bernhard, M.D.  
Robert Biggs, D.O.  
Praveer Jain, M.D.  
John Kristofich, M.D.  
Robert Malacoff, M.D.  
John Mannisi, M.D.  
George Persin, D.O.  
Kenneth Skorinko, M.D.  
Deborah Sundlof, D.O.  
Anthony Urbano, M.D.

### **Joseph N. Nader, M.D.**

Joseph Nader, M.D.

### **Lifeline Cardiology**

Michael Selig, M.D.

### **Buxmont Cardiology Associates**

Andrew Fireman, M.D.  
David Flowers, M.D.  
Mitchell Greenspan, M.D.  
Paul Hermany, M.D.  
Phillip Moyer, M.D.  
Michelle Stram, M.D.

## CARDIAC SURGEONS

---

*Michael Sinclair, M.D., Chief*

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Theodore Phillips, M.D.  
Michael Sinclair, M.D.  
Raymond Singer, M.D.  
James Wu, M.D.

### **Antonio C. Panebianco, Cardiac Surgeon, PC**

Antonio Panebianco, M.D.

### **Sadr and Gordon Heart and Lung Surgeons**

Farrokh Sadr, M.D.

### **Yeisley Cardiothoracic Surgery, LLC**

Geary Yeisley, M.D.



# Why Lehigh Valley Hospital is the right place for heart care.

## A state-of-the-art facility

We're taking our renowned heart care program to a new level. The Regional Heart Center will feature state-of-the-art facilities at two locations: Lehigh Valley Hospital—Cedar Crest and I-78 and Lehigh Valley Hospital—Muhlenberg. A two-year, \$27.9 million expansion project that began in summer 2001 at Cedar Crest will enlarge the facility by one-third, enhancing diagnosis, treatment and research. Planned with our patients' input, the Regional Heart Center will be a place of comfort, convenience and privacy—a place where you and your family can be confident you're getting the best possible care.

## A team of true experts

Lehigh Valley Hospital's board-certified cardiologists and cardiac surgeons, specialized cardiac nurses and technical staff offer you a level of skill and experience beyond what you'll find in most hospitals.

## The very latest treatments

Lehigh Valley Hospital is a regional pioneer in several new technologies for diagnosis and treatment of the heart. We've invested in the equipment, staff and specialized training to offer you breakthroughs like these:

### A new way to keep arteries open: *brachytherapy*

This brand-new procedure uses low-dose radiation to prevent the scarring that can occur after angioplasty and stenting (see Joe Drane's story, inside).

### A gentler form of surgery: *'beating heart'*

We can now perform open heart surgery without stopping the heart and using a heart-lung machine (see Dennis Zellner's story, inside). It lowers the risk of stroke and often speeds recovery.

### A new cure for uncontrolled heartbeat: *ablation*

Using specialized computers and catheters, we can map the inside of the heart to detect the source of atrial fibrillation, an irregular quivering that can lead to a stroke. Radiofrequency energy is then applied to the area to remove the "short circuit."

■ Most hospitals that do cardiac catheterization have a single cath lab. Lehigh Valley Hospital's Regional Heart Center has a total of five... *plus:*

- two rooms dedicated to diagnosing and treating electrical problems of the heart
- four open heart surgery suites
- expanded cardiac services at Lehigh Valley Hospital—Muhlenberg

■ The Regional Heart Center has more beds for patients with heart problems than some hospitals have total beds.

- 136 cardiology beds
- 12 open heart surgery beds
- 30 transitional open heart surgery beds

■ Our first-rate medical and nursing staff includes:

- 48 board-certified cardiologists
- seven board-certified cardiac surgeons
- more than 380 nurses who care only for cardiac patients
- cardiac nurses with an average of 10 years' experience treating heart patients





## Women and Heart Disease

Until recently, heart disease was considered a men's problem. But research has shown that after menopause, women have just as high a risk. "Many women's biggest health fear is breast cancer, yet heart disease kills nearly twice as many women as all forms of cancer *combined*," says D. Lynn Morris, M.D., chief of cardiology at Lehigh Valley Hospital.



overweight or inactive, or have a family history of heart disease. Pay special attention to smoking and diabetes, which are more strongly linked to heart

disease in women than men. Your risk also rises as you age.

### ***What can you as a woman do?***

■ **Know the symptoms** – Chest pain is less likely to signal heart disease in women than men. Women having a heart attack are more likely to have nausea, vomiting, neck and shoulder pain, or shortness of breath.

■ **Know your risk** – You're at higher risk if you smoke, have high cholesterol or high blood pressure, have diabetes, are

■ **Take action** – "While some risk factors are beyond your control, lifestyle clearly plays a major role in preventing heart disease," Morris says. If you smoke, quit. Exercise regularly to help control weight, cholesterol and blood pressure. Eat a diet low in fats and high in fresh fruits and vegetables. If you're past menopause, talk to your doctor about whether hormone replacement therapy is an appropriate choice for you.

***For more information on heart disease risk and prevention, call 610-402-CARE (toll-free 888-LVH-CARE).***

**LEHIGH VALLEY**

HOSPITAL AND  
HEALTH NETWORK

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17th & Chew Streets, Allentown

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MUHLENBERG  
Schoenersville Road & Westgate Drive  
Bethlehem

HEALTH CENTER AT TREXLERTOWN  
Route 222 (Trexler Mall), Trexlertown

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on the home. Now we have home, family, career and money to worry about, and often aging parents as well."

**Many women go at a hectic pace trying to keep all these balls in the air.** "Some find it hard to say 'no' because of the female stereotype of being all things to all people," Scaffidi says. "The guilt they feel when they can't just compounds the problem."

So does the hormonal factor: many women are more vulnerable to stress in the week or two before their period begins.

**W**hat's the solution? First, Scaffidi says, women need to take stress management more seriously. "You'll go to the doctor if you miss your period, but you probably won't if you 'just feel overwhelmed,'" he says. "I look forward to the day when getting treated for stress is as routine as taking a blood pressure pill."

Meanwhile, if you have a stressed-out female friend, urge her to seek help. The very act of reaching out to her is important. "While men suffer just as much stress as women," Wiley says, "women have different ways of coping with it. One of the main ways is sharing feelings with each other."

**There are actually two sides to stress management,** Wiley says: relieving the symptom (your headache) and solving the problem that caused it (arguments with your 13-year-old). "To solve problems, you have to understand the feelings behind them," she says. "For many women, counseling helps. It doesn't matter how successful you are professionally, interpersonal issues like dealing with an adolescent can be enormously difficult."

▼ To Scaffidi, the key to stress management is having a solid spiritual life and strong family relationships. "If you have a haven to come home to, you can handle so much more," he says. But he warns against trying to handle too much. "Packing your day so tight you have no leeway is a recipe for stress."

Stress management is a major focus of LOVAR\*, Lehigh Valley Hospital's pioneering research program on heart disease prevention. Exercise, humor, muscle relaxation and many other techniques play a role, says co-principal investigator Jane Nester. "But the heart and soul of stress management," she says, "is your view of life. An event is only as stressful as you perceive it to be."

Most of the stress we feel is caused by little annoyances, Nester says. LOVAR participants learn how to let these things go. "You can change your beliefs and perceptions," she says, "and it can change your whole life." ●

**Want to Know More** about stress management and women and heart disease? Call 610-402-CARE. Don't miss the presentations *Mindfulness-Based Stress Reduction* (page 30) and *Sleep and Women's Health* (page 31).

\*Lowering of Vascular Atherosclerotic Risk

## **Stress BUSTERS**

Exercise  
Healthy diet  
Adequate sleep  
Laughter  
Loving friends and family  
Meditation  
Deep breathing  
Time management  
Spirituality

# Sleep and Your Heart

Researchers explore the link between sleep apnea and heart disease

**R**alph Atno had known for years that he had heart problems; he eventually had a cardiac valve replacement and multiple bypass surgery. What he didn't know was that one reason might be the way he breathes while asleep.

"I was not a heavy snorer," says the Allentown engineer. But during a recent unrelated stay at Lehigh Valley Hospital, night staff noticed his abnormal breathing, and Atno was referred to the hospital's Sleep Disorders Center.

Overnight monitoring showed he has a form of apnea, a syndrome in which the throat muscles relax too much, narrowing the airway and interrupting breathing over and over again. Atno now sleeps with the aid of a pressurized nose mask that keeps his airway open. "I'm sleeping through the night and feeling more energetic during the day," he says.

He's also helping protect his heart, says Sleep Disorders Center medical director Richard Strobel, M.D. "The link between heart disease and sleep-disordered breathing is a new and high-interest research topic," he says. "Early findings show that apnea raises heart disease risk, most notably by elevating blood pressure."

The impact on the heart is probably twofold, Strobel says. Poor breathing deprives the body of oxygen, and the constant brief awakenings—which the sleeper isn't even aware of—keep him in a "fight or flight" stress state all night long.

Like Atno, many people who have apnea don't realize it and are surprised at how much better they feel after treatment. The nose mask apparatus is the classic treatment approach, well-researched and proven effective in lowering heart disease risk, Strobel says. "Upper airway surgery may or may not fix the problem," he says. Some people can correct apnea through weight loss and use of nasal decongestants or steroids. ●

*Want to Know More* about the new Sleep Disorders Center of Lehigh Valley Hospital—17th and Chew Streets, one of the largest single-site centers in the nation? Call 610-402-CARE. Don't miss the presentation *Sleep and Women's Health* (page 31).

## How a Doctor Spots Sleep Apnea



Every physician should ask these questions. Sleep apnea affects 4 to 5 percent of men ages 30 to 60. It runs in families and also affects women (especially after menopause), young adults and children. Risk rises with age and obesity.



Attention, all readers age 50 and over...these pages are designed for you!

# Vitality

## PLUS<sup>®</sup>

**Vitality Plus is a program of Lehigh Valley Hospital and Health Network in partnership with participating physicians**



### **Love those trucks!**

Mack retirees Don Schumaker (left), Allentown, and Snowy Doe, Breinigsville, are now co-curators of the Mack Museum—and experts on bulldog collectibles (see story on page 24). They're shown here with 1922 and 1933 vintage Macks.

### **Coping With Chronic Pain**

### **Your Inner Pack Rat**

### **Assets: Planning Ahead**



# Coping With Chro

With today's new treatment options, it needn't keep you out of life's mainstream

**F**rom achy joints to the agony of shingles, chronic pain afflicts an estimated one in three older Americans. That's bad news, says Sam Bub, M.D. "Acute pain is useful; it warns us of dangers," says the Lehigh Valley Hospital and Health Network family practitioner. "But ongoing, chronic pain—much of which comes from the wear and tear associated with living longer—serves no function whatever."

The tragedy, says Bruce Nicholson, M.D., is that so much chronic pain goes untreated. "Physicians receive no formal training in this area in medical school," says the anesthesiologist, director of the Center for Pain Management at Lehigh Valley Hospital and Health Network. "They tend to focus on treating the disease, not the symptom, forgetting that the symptom is what the patient feels!"

Patients themselves often suffer in silence, Nicholson says,

not wanting to "distract" the doctor or be perceived as whiners. "But unrelieved pain has a tremendous impact," he says. "It impairs sleep, self-esteem, physical activity, weight control and mental health. Because it's a problem you can't see, it can cause resentment that affects the whole family."

The good news: medical science is finally beginning to address the problem, and specialists have an array of new treatment options. Insurance doesn't yet cover pain care per se—and *you* still need to take charge, say Bub and Nicholson, if you or someone you love suffers chronic pain.

Their suggestions:

■ **First, talk to your doctor.** If you're in pain, don't be shy about it, Bub says. "Your doctor's job is to treat not only the underlying problem, but also the pain that comes with it. Consult with him or her about the best approach."

■ **Seek out the right medication.** This can take time and patience, Nicholson says. "We have many new products today that relieve pain with minimal side effects, but quite often the first one you try isn't the right one for you."

■ **Don't try to self-medicate.** Over-the-counter pain relievers can be damaging if used long-term.





# nic Pain



■ **Consider complementary therapy,** such as biofeedback, relaxation techniques, massage or acupuncture. “Research on the effectiveness of these approaches has just begun,” Nicholson says. “Their

value may be not so much in relieving the pain itself but in helping you sleep or cope with anxiety. It’s not just the pain that counts, but the whole life around it.”

■ **Look at what else is going on in your life.** The pain might be from something relatively simple to correct, like changing your body position on the job. More often, emotional stress is a factor. “When you’re under stress, your capacity to cope with pain is markedly reduced,” Bub says. “Minor pains you could have handled before become a real issue.”

■ **If you’re depressed, seek help.** Research has shown that depression and chronic pain go hand in hand. In addressing this with his patients, Bub assures them that “pain is real and not just in your head,” and that antidepressant medication and/or counseling can make a big difference in their well-being.

■ **Keep moving.** Physical activity is vital to health even when you’re in chronic pain. “Many people are afraid of making the pain worse,” Nicholson says. “But activity will not injure you. In many cases—for example, arthritis—it can make you feel better.”

■ **Stay positive.** “When it comes to pain perception, mental attitude is key,” Nicholson says. It helps if you have a supportive partner, someone who’s helpful and encouraging without taking over and making you dependent on him or her.

■ **Have realistic expectations.** For every 80-year-old who hesitates to even mention her pain, there’s a 50-year-old baby boomer who’s convinced technology will cure it completely. Neither is right, Nicholson says. “We can’t do away with chronic pain; that’s expecting miracles. But we can make it livable. There are many resources available to lessen the pain and the problems that go with it. If you’re in pain, I urge you to take advantage of them.” ●

*Want to Know More?* For more information on the Center for Pain Management, call 610-402-CARE.



## UPCOMING CLASS

### Coping With Pain

Tuesday, Sept. 18

7-8 p.m.

For details,  
see page 26.

# Discovering Your Inner Pack Rat

For many retirees, collecting becomes more than a hobby

**M**aybe it started when you pulled out your childhood stamp collection, or when a friend gave you that first antique vase. Maybe it evolved from another hobby or your career; what could be more natural than a gardener collecting historic seeds, or a photographer old cameras?

However it begins, the joy of collecting often blossoms post-retirement—as Don Schumaker of Allentown and Snowy Doe of Breinigsville can attest. After long careers at Mack Trucks, the two are now co-curators of the Mack Museum. They've received all sorts of collections from people donating to the museum, and of course, are Mack collectors themselves. Schumaker's garage houses an assortment of old trucks and parts he's using to restore a 1941 Mack. Doe, a veteran of the international division, has bulldog memorabilia from the world over.

When collecting becomes a serious interest, it can enhance your life in many ways, says Tom Miller, director of Adult Transitions at Lehigh Valley Hospital and Health Network. "It opens new social outlets, bringing you together with like-minded people of all ages,"

he says. "And a shared collection is a great way to build a friendship with a grandchild or other family member."

**C**ollecting also expands your horizons. Many collectors enjoy traveling to shows and museums—not to mention learning to navigate the Internet—to learn more or add to their collection. Those who are so inclined turn collecting into a source of income by trading items. Still others discover and develop skills—for example, refinishing antique furniture (or restoring a Mack truck!).

Most important, Miller says, a passion for collecting keeps you young. "The brain wants and needs to be stimulated," he says. "The most vibrant seniors are those who can enjoy the past, but also create a present that's meaningful and really alive." ●

*Want to Know More about the Mack Museum? Visit the traveling exhibit at Seniors' Horizons. For details, see page 27.*



*Co-curators Snowy Doe (left) and Don Schumaker show some of the collectibles that intrigue visitors to the Mack Museum: a 1920s miniature and a display case of bulldog pins donated by the late Norman Poh of Allentown.*

## Getting Started as a Collector



■ **Do an "interest inventory."** How do you enjoy spending time? What subjects really engage you?

■ **Get out there and look around.** Check the paper for sales and shows. Make yourself go places you've never been.

■ **Keep an open mind.** "Many people would never have predicted the hobbies they grow to love," says Tom Miller, director of Adult Transitions.



# Your Assets: Planning Ahead

No matter how big your estate, planning ahead can save a lot of headaches for you and your children. Remember:

■ **Have a will.** “The most important thing in estate planning is making sure your property goes to whom you want on the terms you want,” says Palmer Zigmund, an estate planning attorney with Lehigh Valley Trust Company. “You need a will, or the state will distribute your property.”

■ **Plan for taxes.** You’re exempt from federal estate tax if your estate is valued at less than \$675,000, but don’t underestimate the value of your property. It includes your savings, life insurance and personal items—at market value, not what you paid for them.

■ **Find qualified help.** An estate planning professional can help you maximize current income and charitable giving while minimizing taxes your heirs will have to pay.

■ **Consider long-term care insurance.** There are many different insurance policies for nursing homes, home care and other assisted living arrangements. Consider all your options and don’t buy too early. “Many people lock in a lower premium in their 50s, but they’re paying for a long time,” says Neil Powell, an APPRISE\* counselor. “Before you buy, consider your health and family history and your inflation-adjusted retirement income and expenses. This may not be for you.” ●

*\*APPRISE is a federally mandated state program to educate older adults about their Medicare options.*

## UPCOMING CLASS

### Making the Most of

#### Your Estate

Tuesday, Oct. 2

10:30 a.m. and

6:30 p.m.

For details,  
see page 26.

## SENIORS' HORIZONS

*The Lehigh Valley's information and  
entertainment fair for people age 50 and over*

It's built around YOUR concerns  
(we know because we asked)! It's packed  
with information and entertainment.

*And it's free!*

*For details, call 610-402-CARE.*

**Wednesday, Sept. 26; 10 a.m. - 8 p.m.**

**Thursday, Sept. 27; 10 a.m. - 4 p.m.**

**at Agricultural Hall**

**17th and Chew Streets, Allentown**

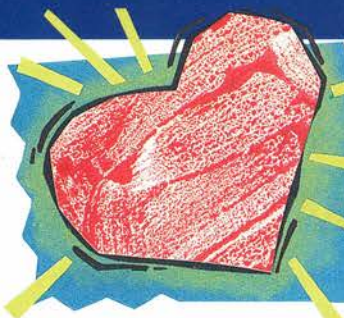
**FREE ADMISSION**

*Visit our Vitality Plus booth at Seniors' Horizons  
and sign up for your GOLD membership!*

## A Medication Roundup

If there are expired and unused medications lurking in your medicine chest, round them up and bring them to Seniors' Horizons. It's unsafe to keep outdated medications, and the Allentown Health Bureau wants to boost public awareness of that. They're launching a drive at Seniors' Horizons that will continue through Oct. 4 at pharmacies throughout the Lehigh Valley. Bring your unused medications to the Health Bureau's booth at Seniors' Horizons, find out if they're worth keeping or leave them there for disposal. For exact times and date, and participating pharmacy sites, call 610-402-CARE.





# Healthy You

## Health Improvement Classes

### Registration is a must!

Since Healthy You class space is limited, if you want to attend a program you need to register in advance. You can do it by mail, e-mail, phone or fax. See the form on page 37 or call 610-402-CARE. We reserve the right to cancel a program or class if not enough people enroll. You'll get a full refund within 30 days.

### Welcome to Vitality Plus!

This membership program from Lehigh Valley Hospital and Health Network provides you with a host of benefits.

**There are two ways to join Vitality Plus...**

■ **GOLD Membership** at \$20 a year (individual or married couple) gives you the full range of program benefits.

■ **Community Membership** at no cost gives you a sampling of benefits.

For either membership, you need a card. Call 610-402-CARE or use the form on page 37. **Join today!**

#### **GOLD Member Benefits** *\$20/year* **Health and Education**

- Newsletter
- Exercise classes at reduced rates
- Workshops and seminars at reduced rates or free
- Medical emergency card
- Health plan and insurance claims counseling

#### **Hospital Amenities**

- Phone card
- Cafeteria coupons

#### **Social Events**

- Special Vitality Plus events at reduced rates
- Dining club
- Dance lessons at reduced rates
- Volunteer opportunities

#### **Discounts**

- Long-term care insurance
- Eyewear
- Pharmacy
- Hearing care
- Travel
- Medical equipment
- Local health clubs

#### **Community Member Benefits** *Free*

- Newsletter
- Health plan and insurance claims counseling
- Invitations to special events
- Cafeteria discount
- Workshops and seminars
- Local health clubs discount

### Vitality PLUS

#### Age 50-Plus

#### **Coping With Pain** **NEW**

One in three older adults lives with some degree of chronic pain. Learn about new treatments that can help ease the pain and improve your well-being.

Free

- Tuesday, Sept. 18; 7-8 p.m.

*Class meets at CC, Auditorium.*

*Bruce Nicholson, M.D., director,  
Center for Pain Management*

*See related article on page 22.*

#### **Making the Most of Your Estate** **NEW**

No matter how big your estate, planning ahead can eliminate headaches for you and your children. Learn the fine details of estate planning.

Free

- Tuesday, Oct. 2; 10:30 a.m. and 6:30 p.m.

*Class meets at CC, Morgan Cancer Center,  
Conference Room 1.*

*C. Palmer Zigmund, estate planning attorney*

*See related article on page 25.*

#### **Use of Prescription and Over-the-Counter Drugs** **NEW**

Prescription drugs can interact with over-the-counter drugs and herbs or nutritional supplements. Learn about this potentially dangerous problem. Bring your medications list for review.

Free

- Wednesday, Oct. 24; 7-8:30 p.m.

*Class meets at 17, Auditorium.*

*Fred Pane, registered pharmacist*







## Health Improvement Classes

Vitality Plus .....	26-28
Health Awareness .....	28-29
Screenings .....	29
Exercise and Movement .....	29-30
Mind and Body .....	30
Massage Therapy .....	30
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Childbirth and Newborn Care .....	32
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CPR Courses .....	33
Diabetes Education .....	33
Cancer Education .....	34
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<i>How to get to class locations</i> .....	28
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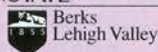
## Vitality PLUS

In partnership with  
Penn State Lehigh

### Computer Classes

Valley, Vitality Plus offers computer instruction for all levels of experience. Classes are at the Penn State Fogelsville campus (8380 Mohr Lane), which has a state-of-the-art library. Reduced rate for GOLD members. All fees include textbook. **To register for computer classes, call 610-285-5058.**

PENNSTATE



### Computer Basics I

This hands-on, user-friendly course is designed for those with little or no computer experience. Topics include how computers work, computer terminology, hardware and software, and using Windows.

2 sessions

\$50, Vitality Plus GOLD members • \$65, others

• Friday, Sept. 14 and 21; 10 a.m.-noon

### Computer Basics II

Designed for students who have the basic skills taught in Computer Basics I (recommended but not required). Learn how to work with files on a floppy disk, font functions and editing techniques.

2 sessions

\$50, Vitality Plus GOLD members • \$65, others

• Friday, Sept. 28 and Oct. 5; 10 a.m.-noon

### Introduction to the Internet

Basic knowledge of the Internet, e-mail and the World Wide Web. Computer Basics I and II are recommended but not required.

2 sessions

\$50, Vitality Plus GOLD members • \$65, others

• Friday, Oct. 12 and 19; 10 a.m.-noon

### The Web for Seniors

Learn to browse and search the Web and discover senior-specific news and views. Introduction to the Internet is recommended but not required.

2 sessions

\$50, Vitality Plus GOLD members • \$65, others

• Friday, Oct. 26 and Nov. 2; 10 a.m.-noon

## 55 Alive — AARP Driving Class

Vitality Plus and AARP present 55 Alive, a classroom course for mature drivers. Reduce your risk of accidents and save money on your auto insurance. A community education service of Lehigh Valley Hospital's trauma department.

Free • Vitality Plus GOLD members

\$10 • non-members

(check made payable to AARP)

• Monday and Wednesday, Oct. 15 and 17;  
5:30-9:30 p.m.

• Tuesday and Thursday, Nov. 13 and 15;  
9 a.m.-1 p.m.

*Classes meet at 17, School of Nursing,  
Auditorium.*

## SENIORS' HORIZONS

The Lehigh Valley's information and  
entertainment fair for people 50 and over

Wednesday, Sept. 26; 10 a.m. - 8 p.m.

Thursday, Sept. 27; 10 a.m. - 4 p.m.

Agricultural Hall

17th and Chew Sts., Allentown

**FREE ADMISSION**

**An event constructed just for you! We designed this year's Seniors' Horizons to address your concerns—such as drug costs, volunteer opportunities, transportation and more.**

■ **100+ exhibits and displays** to help you track down information and services

■ **Mack Trucks** traveling history exhibit

■ **Seniors' Horizons Volunteer Awards...** with special guest presenter Don Tollefson

■ **Wellness screenings**

■ **Entertainment and refreshments**

**610-402-CARE**

[www.lvhhn.org/seniorshorizons](http://www.lvhhn.org/seniorshorizons)



## Your Future in Social Security

What benefits can you expect when you retire? Learn how Social Security works, how monthly payments are computed and what the future holds. Bring your questions!

Free

• Thursday, Sept. 13; 7-9 p.m.

*Class meets at 17, Auditorium.*

## Medicare Counseling

Get free, confidential counseling on Medicare issues from trained Apprise volunteers from the Lehigh County Area Agency on Aging. Walk-in hours most Wednesdays, 10 a.m.-noon, at the Health Center at Trexlertown or call 610-402-CARE.



## Weight4Me Preview **NEW**

Preview an eight-week online program to lose (or maintain) weight through simple, powerful goal-setting and tracking techniques. Stay in control, make better food choices and become more active. For more information, log on to <http://lvh.wt4me.com>

Free

• Monday, Sept. 17; 6:30-7:30 p.m.

• Wednesday, Oct. 3; 6:30-7:30 p.m.

• Monday, Nov. 5; 6:30-7:30 p.m.

*Preview meets at 2166, First Floor Conference Room.*

• Tuesday, Sept. 18; 6:30-7:30 p.m.

• Thursday, Oct. 4; 6:30-7:30 p.m.

• Tuesday, Nov. 6; 6:30-7:30 p.m.

*Preview meets at MUH—Banko, Room 4.*

*Eight-week program fee is \$79—includes Weight4Me program, pre- and post measurement of total/HDL cholesterol, blood sugar and a Weight4Me T-shirt on completion. Class schedule and details at 610-402-CARE or visit <http://lvh.wt4me.com>*

## Internet Ambassadors

Call today for a free, confidential session with an Internet Ambassador, a volunteer trained to help you search the Internet for health information at the Health Library and Learning Center at Trexlertown. For more information, call 610-402-CARE.

## Health Awareness

### Befuddled About Your Health? **NEW**

We'll help you better understand your health and determine your risk factors for diabetes, heart disease and other problems. Must be 18 years or older.

*Appointments required; call 610-402-CARE.*

Free

**Blood pressure and pulse screening**

**Glucose screening**

**Body composition**

• Saturday, Oct. 27; 9-11:30 a.m.

*Appointments meet at MUH—Banko.*

### UV Sun Damage Screening **NEW**

Have your skin assessed, with recommendations for a skin care program to restore a youthful appearance and reduce further sun damage. Must be 18 years or older. *Appointments required; call 610-402-CARE.*

Free

• Thursday, Sept. 20; 9-11:30 a.m.

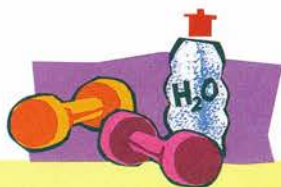
*Appointments meet at CC, Morgan Cancer Center, Kelly Gallagher Atrium.*

• Saturday, Sept. 22; 9-11:30 a.m.

• Tuesday, Oct. 2; 5:30-8 p.m.

• Saturday, Oct. 6; 9-11:30 a.m.

*Appointments meet at MUH—Banko.*



## How Do I Get There?

Classes and lectures are held at many hospital and community locations. Here's a complete list, keyed to the abbreviations you'll find in each class listing. Questions? Call 610-402-CARE.

### Lehigh Valley Hospital and Health Network Locations

**CC** • Lehigh Valley Hospital, Cedar Crest & I-78, Allentown

**17** • Lehigh Valley Hospital, 17th & Chew Streets, Allentown

**MUH** • Lehigh Valley Hospital—Muhlenberg, 2545 Schoenersville Rd., Bethlehem

**MUH — Banko** • Lehigh Valley

Hospital—Muhlenberg, Banko Community Center, Westgate Drive, Bethlehem

**1243** • 1243 S. Cedar Crest Blvd. Allentown

**2166** • 2166 S. 12th St. Allentown

**HM** • Hamburg Community Health Center, 700 Hawk Ridge Drive, Hamburg

**TX** • Health Center at Trexlertown, Trexler Mall, Rt. 222 Trexlertown

### Community Locations

**Whitehall Township, Zephyr Park**  
Schadt Ave. and Campus Drive

**Township of Bethlehem, Coolidge Building**  
2740 Fifth St., Bethlehem

**Cedar Crest College**  
100 College Drive, Allentown



## Health Screenings

For information, call 610-402-CARE.

**LEHIGH VALLEY MALL**— upper level  
**Blood Pressure and Pulse Screenings-Free**  
 Tuesday, Sept. 18; 8:30-10 a.m.  
 Tuesday, Oct. 16; 8:30-10 a.m.  
 Tuesday, Nov. 20; 8:30-10 a.m.

## Health Insurance for the Individual **NEW**

If you don't have group insurance and are shopping for an individual policy, learn about available options. Sponsored by Valley Preferred, a PPO owned by Lehigh Valley Physician Hospital Organization. To register, call 610-402-CARE.

Free

- Tuesday, Oct. 2; 5:30-7 p.m.
- Tuesday, Nov. 6; 5:30-7 p.m.
- Tuesday, Dec. 4; 5:30-7 p.m.

*Class meets at 2166, First Floor Conference Room.*

## Exercise and Movement

Whether you're a beginner or a seasoned athlete, you'll find the right workout here. You need to register and fill out a health readiness questionnaire. Call 610-402-CARE.

*See related article on page 10.*

## Staying Strong

Strength-building, resistance training and range-of-motion activities improve muscle tone and slow bone loss. This program eases the effects of arthritis and osteoporosis.

12 classes for 6 weeks • \$30

- Wednesday and Friday, Sept. 21; 10:15-11:15 a.m. (first session)
- Wednesday and Friday, Nov. 7; 10:15-11:15 a.m. (first session)

*Classes meet at TX.*

## Balanced Fitness

Using an air-cushioned exercise ball, this versatile workout will strengthen your back, chest and abs, and improve stability and balance. A perfect fit for beginners and cross-trainers.

6 classes • \$30

- Wednesdays, Sept. 19; 8-9 p.m. (first session)
- Wednesdays, Nov. 7; 8-9 p.m. (first session)

*Classes meet at TX.*

- Wednesdays, Oct. 17; 5:30-6:30 p.m. (first session)

*Classes meet at MUH—Banko, Rooms 1 and 2.*

## Exercise for Life Tryouts

Is Exercise for Life for you? Try it out in a free 30-minute educational session with a fitness expert, followed by a 30-minute exercise session.

Free

- Saturday, Sept. 22; 1-2 p.m.

*Class meets at TX.*

- Wednesday, Oct. 24; 10:15-11:15 a.m.

*Class meets at Zephyr Park.*

## PUMP

This cutting-edge group workout will strengthen your body and produce visible results. PUMP uses a light barbell and variety of weights to work every major muscle group. For adults of all ages and fitness levels.

### • Preview

\$10

- Wednesday, Oct. 10; 6:45-7:45 p.m.

*Class meets at TX.*

### • Classes

6 classes • \$55

- Saturdays, Sept. 15; 9-10 a.m. (first session)

- Saturdays, Nov. 3; 9-10 a.m. (first session)

*Classes meet at Township of Bethlehem, Coolidge Building.*

- Wednesdays, Oct. 17; 6:45-7:45 p.m. (first session)

- Saturdays, Oct. 20; 9:45-10:45 a.m. (first session)

*Classes meet at TX.*



If you've neglected physical activity, Exercise for Life is a great way to get started. Offered at various times; for information and to register, call 610-402-CARE.

### Thirty "Healthy" Minutes Classes

Thirty-minute classes can lower blood pressure and cholesterol, help prevent osteoporosis, heart disease and diabetes, improve heart attack recovery and ease arthritis.

### Sixty "Fitness" Minutes Classes

Move up to 60 minutes and you'll boost heart/lung capacity for more energy, build lean muscle and improve well-being.

### Monthly fees:

\$22 for unlimited 30-minute classes at any location (\$18, Vitality Plus GOLD members) or

\$29 for unlimited 60-minute classes at any location (\$24, Vitality Plus GOLD members)

### Locations:

- Health Center at Trexlertown
- Lehigh Valley Hospital—Muhlenberg
- Whitehall Township, Zephyr Park

## Cardio Kickboxing

Are you bored with your current fitness routine? These high-powered exercises strengthen the body and the mind, and increase endurance and cardiovascular power. *Wear loose clothing.*

12 classes for 6 weeks • \$48

- Tuesdays and Thursdays, Sept. 18; 8:15-9 p.m. (first session)
- Tuesdays and Thursdays, Nov. 6; 8:15-9 p.m. (first session)

*Classes meet at TX.*

## Mind and Body

### Mindfulness-Based Stress Reduction **NEW**

Learn deep relaxation through yoga and mindfulness meditation. This group approach is effective in reducing everyday stress, chronic anxiety and chronic pain. *Prescreening required; for appointment or for information on fees and insurance, call 610-402-CARE.*

Eight weeks

- Tuesdays, Sept. 25; 7-9 p.m. (first session)

*Classes meet at Cedar Crest College, Allentown.*

*Susan Wiley, M.D., psychiatrist*

*See related article on page 18.*

## Yoga

Your health will benefit from this ancient practice that incorporates breathing, stretching, strengthening and relaxation. *Bring pillow and blanket.*

- **Relaxing Yoga**—A gentle flow of poses to reduce stress and improve flexibility.

6 classes • \$55

- Mondays, Sept. 17; 6:45-8 p.m. (first session)
- Thursdays, Sept. 20; 10:15-11:30 a.m. (first session)
- Mondays, Nov. 5; 6:45-8 p.m. (first session)
- Thursdays, Nov. 8; 10:15-11:30 a.m. (first session)

*Classes meet at TX.*

- Mondays, Sept. 17; 7:15-8:30 p.m. (first session)

- Mondays, Nov. 5; 7:15-8:30 p.m. (first session)

*Classes meet at Township of Bethlehem, Coolidge Building.*

- **Energizing Yoga**—A stimulating flow of poses for strength, stamina, flexibility and balance.

6 classes • \$55

- Mondays, Sept. 17; 8:15-9:30 p.m. (first session)
- Thursdays, Sept. 27; 6:45-8 p.m. (first session)
- Thursdays, Nov. 8; 6:45-8 p.m. (first session)
- Mondays, Nov. 5; 8:15-9:30 p.m. (first session)

*Classes meet at TX.*

- Tuesdays, Sept. 25; 6:45-8 p.m. (first session)
- Tuesdays, Nov. 13; 6:45-8 p.m. (first session)

*Classes meet at MUH—Banko, Rooms 1 and 2.*



## Tai Chi

This ancient art of slow, graceful movements will improve your balance and coordination and build muscle mass and endurance.

- **Fundamentals of Tai Chi**—An introduction to the basic movements and techniques.

\$20

- Saturday, Oct. 6; 11 a.m.-1 p.m.

*Class meets at TX.*

- **Everyday Tai Chi**—Great for the health-conscious or those with busy lives who want to relax.

6 classes • \$55

- Mondays, Oct. 8; 10:15-11:30 a.m. (first session)

- Tuesdays, Oct. 9; 6:45-8 p.m. (first session)

*Classes meet at TX.*

- Thursdays, Oct. 11; 6:45-8 p.m. (first session)

*Classes meet at MUH—Banko, Rooms 1 and 2.*

## Massage Therapy

Massage therapy improves circulation, relaxes the muscles, and soothes the mind and body. Certified massage therapists available at four locations. For more information or appointment, call 610-402-CARE. Gift certificates available.

Massage Therapies	Prices
Relaxation	30-minute • \$35 60-minute • \$50
Therapeutic	60-minute • \$50 90-minute • \$70
Aromatherapy	30-minute • \$35
Foot	30-minute • \$35
Pain-Relief	75-minute • \$70
Pregnancy	75-minute • \$70
Seated Chair	15-minute • \$20

*Sessions held at TX, MUH—Banko, CC—Jaindi Pavilion and 2166.*

### Partner Massage Workshop

Learn to harmonize, de-stress and enjoy the benefits of massage together.

\$35 per couple

- Saturday, Oct. 13; 10 a.m.-noon

*Class meets at TX.*



## Parenting



### Car Seat Safety Program **NEW**

Learn how to choose, properly install and maintain a child's car seat plus important car safety information that could save your child's life.

Free

- Wednesday, Oct. 3; 7-8:30 p.m.

*Class meets at MUH—Banko, Room 4.*

- Tuesday, Oct. 9; 7-8:30 p.m.

*Class meets at CC, Classroom 1.*

### Car Seat Safety Inspection **NEW**

A child passenger safety technician will help you properly install a car seat, and inspect your car seat for any potential problems. In cooperation with PennDOT. *Appointments only; call 610-402-CARE.*

Free

- Wednesday, Oct. 17; 10 a.m.-2 p.m.

*Appointments meet at TX.*

### Violence Prevention in Children **NEW**

Learn practical ways for parents, teachers and other caregivers to help young children solve interpersonal problems without violence.

Free

- Wednesday, Oct. 10; 7:30-10 a.m.

*Class meets at 17.*

*The Training Institute of Early Head Start*

*See related article on page 16.*

## Men's Health

### Osteoporosis: Not Just a Women's Concern

Osteoporosis in men is under-recognized and underdiagnosed. Learn how it affects males and what factors raise the risk.

Free

- Wednesday, Sept. 26; 1-2 p.m.

*Class meets at TX.*

*Donald Barilla, M.D., endocrinologist*

## Women's 5K Classic 2001

**The largest all-female timed event in Pennsylvania**

3.1-mile running/walking event to raise breast cancer awareness and funding

- Saturday, Oct. 13; 10 a.m. (participants need to arrive by 9 a.m.)  
*Lehigh Parkway, Allentown*

### Health Expo and Race Registration

- Friday, Oct. 12; 4-8 p.m.

*CC, Jaihind Pavilion.*

*For registration information, call 610-402-CARE.*

**Some races are for kicks, some races are for glory, this race is for LIFE!**

## Spirit of Women

## Women's Health

### Sleep and Women's Health **NEW**

Lack of a good night's sleep can lead to physical and emotional health problems. Learn the causes and treatment of sleep disorders. *To register, call 610-402-CARE.*

Free class

- Wednesday, Sept. 19; 7-8 p.m.

*Class meets at 17, Auditorium.*

*Richard Strobel, M.D., director, Sleep Disorders Center*

Free tour

- Thursday, Sept. 20; noon-1 p.m., 20 minutes each

*Meets at 17, Sleep Disorders Center.*

*See related articles on pages 18 and 20.*

### Urinary Incontinence — Barrier to Exercise and Enjoyment? **NEW**

Urinary incontinence, twice as common in women as men, is not an inevitable part of aging. Specialists discuss the latest research and treatments to help you take control and enjoy the benefits of exercise.

Free

- Wednesday, Sept. 26; 7-8:30 p.m.

*Class meets at CC, Classroom 1.*

*Marisa A. Mastropietro, M.D., urogynecologist*

*Jamie Druckenmiller, senior clinical research coordinator*

*Nina Granito, R.N., clinical research coordinator*

### Women and Aging **NEW**

If you are approaching, into or past menopause, you face a number of midlife health issues. A woman's health specialist discusses breast health, the hormone replacement decision, and how to talk to your doctor at this vital stage of life.

Free

- Wednesday, Sept. 26; 7-8 p.m.

*Class meets at HM.*

*Molly S. Peters, M.D., obstetrician/gynecologist*

### Alternatives for Women in Menopause **NEW**

Women in menopause have differing needs. Learn how to talk to your health care provider about your personal attitudes and medication decisions, and get the latest information on alternative therapies, to help you make the best choices for your health.

Free

- Tuesday, Oct. 16; 7-8 p.m.

*Class meets at CC, Auditorium.*

*John Scaffidi, M.D., obstetrician/gynecologist*



## Advances in Cervical Cancer Detection **NEW**

Learn about the latest medical advances in early detection and prevention of cervical cancer, including improvements in the Pap test and how HPV and chlamydial testing can help your physician keep you healthy.

Free

- Wednesday, Oct. 24; 7-8 p.m.

*Class meets at HM.*

*William Dupree, M.D., chairman,  
department of pathology*

## Coping With Infertility **NEW SERIES**

### • Is Your Biological Clock Ticking?—

As women wait longer to start a family, the chance of infertility rises. We'll discuss reasons and treatments for age-related problems plus options such as adoption and remaining childless.

## Coping With Infertility—continued

Free

- Thursday, Oct. 18; 7-8:30 p.m.

*Class meets at CC, Classroom 2.*

*Wendy Schillings, M.D.*

- **Male Infertility**—Research suggests that male factors are involved in infertility 40 to 50 percent of the time. Learn more in this lecture and group discussion.

Free

- Wednesday, Nov. 14; 7-8:30 p.m.

*Class meets at CC, Classroom 2.*

*David Clair, M.D., urologist*

### • Upcoming topics:

*Dec. 13 — Coping With the Holidays*

*Jan. 17 — Advanced Technology*

*Jan. 29 — Infertility Options in the  
New Millennium*

*Feb. 20 — Stress Management and Infertility*



## ■ Childbirth and Newborn Care

### Learn Infant Massage

A nurturing way to interact with your newborn by combining touch, play and caregiving. Learn step-by-step techniques to relax the baby and help you bond. Ideal for babies 2 weeks to 3 months old.

\$15

- Friday, Sept. 21; 10:30-11:30 a.m.

*Class meets at TX.*

- Saturday, Oct. 20; 10:30-11:30 a.m.

*Class meets at MUH—Banko.*

### Analgesic Options in Childbirth

Today's new options, including patient-controlled anesthesia and "walking" epidurals, help make childbirth more comfortable. To tour the maternity unit following the talk, register by calling 610-402-CARE (space is limited).

- Thursday, Nov. 8; 6-7 p.m.

*Class meets at CC, Jaindl Pavilion, Labor and Delivery Unit, Library Conference Room.*

*Amy Keller, M.D., anesthesiologist*



### Ongoing Childbirth Programs

*Lehigh Valley Hospital offers a full range of childbirth and newborn classes. For information on dates, locations and registration, call 610-402-CARE.*

- **Maternity Tours**—See the new Center for Mother and Baby Care in the Jaindl Family Pavilion at Lehigh Valley Hospital—Cedar Crest and I-78, Allentown. Adult and sibling tours are available.
- **Prepared Childbirth (Lamaze)**—Covers relaxation and breathing techniques, stages of labor, medications, Cesarean birth, and newborn feeding and care. \$90 for seven-week series.
- **One-day Lamaze**—Prepared Childbirth (see above) for couples whose schedules won't accommodate a multiweek course. Newborn care not included. \$125 includes breakfast, lunch.
- **Lamaze Refresher**—If you've already taken Lamaze, review the basics and learn about sibling concerns and Vaginal Birth After Cesarean (VBAC). \$30.
- **"Just Breathing"**—For those who've taken prepared childbirth in the past three years. A review of stages of labor, breathing and pushing techniques.
- **All About Baby (Newborn Care)**—Feeding, safety, preventive care, health problems, local resources. Grandparents welcome. \$20.
- **Breastfeeding**—Get off to a good start by understanding breastfeeding and its benefits. \$20.
- **Pregnancy Massage**—Gentle massage techniques for the expectant mom to relieve back pain and improve circulation. Postpartum massage helps restore and relax the body. A great gift idea! \$70 per 75-minute session.





## Disease Prevention and Care

### Living With Chronic Illness

If chronic heart, lung or other disease affects your daily functioning, learn about pain management, communicating with care providers, living wills and other key topics. For patients and family members. Speakers, panel discussions, Q&A sessions. Sponsored by the Palliative Care Program. Box lunch and refreshments included—registration required!

Free

• Saturday, Sept. 15; 8:30 a.m.-1 p.m.

*Class meets at CC, Auditorium.*

### Hospice Memorial Services

Lehigh Valley Hospice will hold a series of memorial services in remembrance and celebration of the lives of patients Hospice has served during the past year. Services include a reading of the patients' names and the lighting of candles.

• Sunday, Nov. 4; 2 p.m.

Zion United Church of Christ

South Second and Iron Sts., Lehighton

• Sunday, Nov. 11; 2 p.m.

College Hill Presbyterian Church

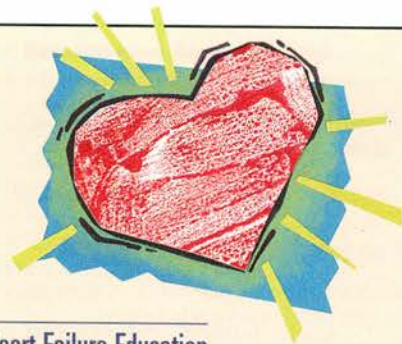
501 Brodhead St., Easton

• Sunday, Nov. 18; 2 p.m.

Salem United Methodist Church

14th and Linden Sts., Allentown

*For more information and to RSVP, call 610-402-CARE.*



### Heart Failure Education

The Healing Hearts Program of the Regional Heart Center will complement your physician's existing medical program and recommendations. The education series focuses on lifestyle modification, nutrition and medication management. Your doctor's referral is necessary.

• Thursdays, Oct. 4; 7-8:30 p.m. (first session)

*Classes meet at CC, Morgan Cancer Center; Conference Rooms 1a and 1b.*

*For additional information, call 610-402-CARE.*

## CPR

**Are you prepared to save a life? Everyone should be trained in the vital techniques of cardiopulmonary resuscitation (CPR). All classes meet at 2166, ground floor.**

• **Adult (Course A)** —One-person adult heart-saver CPR. Includes clearing blocked airway.

\$30

• Monday, Sept. 17; 7-10 p.m.

• Monday, Oct. 29; 7-10 p.m.

• **Adult-Child-Infant (Course C)** —

One- and two-person, child and infant CPR.

Includes mouth-to-mask ventilation and clearing blocked airway.

3-part course • \$50

• Mondays, Oct. 1, 8 and 15; 7-10 p.m.

• Mondays, Nov. 5, 12 and 19; 7-10 p.m.

*For more information on achieving CPR provider status, call 610-402-CARE.*

• **Course C Renewal** — To attend you must have a current Course C card.

Renewal • \$30

• Monday, Sept. 24; 7-10 p.m.

• Monday, Oct. 22; 7-10 p.m.

• **Infant-Child (Course D)** —Focus on infant and child CPR, including clearing a blocked airway.

\$30

• Wednesday, Sept. 26; 7-10 p.m.

• Wednesday, Oct. 24; 7-10 p.m.

## Diabetes Education

The Helwig Center of Lehigh Valley Hospital and Health Network offers a series of programs for adults with diabetes in such areas as diet, exercise, medication, weight loss, insulin pump therapy and home testing. Family and friends are welcome. Programs are now available at TX, CC, 17 and MUH. See our support group, page 35.

*For more information or for details on a weight loss program for those needing to lose more than 60 pounds, call 610-402-CARE.*

### Diabetes Dialogue **NEW**

Specialists will answer questions, discuss treatments and help you with diabetes management in this national video conference and live panel discussion.

Free

• Thursday, Nov. 8; 7-8 p.m.

*Class meets at CC, Auditorium.*

*Larry Merkle, M.D., endocrinologist, director, Helwig Center*

*Deborah Feden, R.N., nurse specialist in diabetes care*  
*Lisa Strobl, licensed social worker specializing in diabetes care*

## Cancer Education

### Celebration of Life **NEW**

Celebrate life through music and readings shared by cancer survivors, family members and health care providers. Presented by the Gyn Support and Outreach program.

Free

- Saturday, Sept. 29; 2 p.m.

*Meets at Muhlenberg College Chapel,  
Chew St., Allentown.*

*For more information, call 610-402-CARE.*

### Orientation Program for Patients and Families

As you begin cancer treatment, we'll help you prepare and manage the unexpected. This program is designed for patients, family and friends — you are encouraged to bring a partner. Registration required.

Free

- Tuesday, Sept. 25; 7 p.m.
- Tuesday, Oct. 23; 7 p.m.

*Meets at CC, Morgan Cancer Center,  
Conference Room 1.*

### Self-Help Group for Individuals With Cancer

Identify new problems that may be interfering with your peace of mind. Learn coping skills and receive group support. Meets for nine weeks. *To register and for fee information, call 610-402-CARE*

- Tuesdays, 7:30-9 p.m.

*Meets at CC, Morgan Cancer Center,  
Meditation Room.*

- Tuesdays, 5:30-7 p.m.

*Meets at MUH—Banko.*

### Gyn Support and Outreach Group

For women and their families dealing with ovarian, uterine, cervical and other gynecological cancers. Rejuvenate yourself and regain strength and hope by meeting with other women in similar circumstances.

Free

- Wednesday, Oct. 3; 7:30-9 p.m.
- Wednesday, Nov. 7; 7:30-9 p.m.

*Meets at CC, Morgan Cancer Center, Suite 114.*

### Men Facing Cancer

A discussion group for men dealing with prostate, bladder or genitourinary cancer. Spouses and friends welcome.

Free

- Monday, Oct. 1; 7:30-9 p.m.
- Monday, Nov. 5; 7:30-9 p.m.

*Meets at CC, Morgan Cancer Center,  
Conference Room 1b.*

### Adolescent Support Group

For adolescents ages 10-16 facing cancer. Family members welcome.

Free

*Ted Brent, Camelot for Children*

*For dates, times and location, call 610-402-CARE.*

### Support of Survivors (SOS)

SOS is a 24-hour telephone line staffed by breast cancer survivors to help women take an active role in their recovery. Call 610-402-4505.

## **NEW** A monthly series of interactive educational programs for patients dealing with cancer and their families and friends.

### September

#### Exercise and Movement

Learn about the benefits of staying active. Practice a variety of exercise movements and leave feeling energized.

Free

- Thursday, Sept. 20; 7 p.m.

*Class meets at CC, Morgan Cancer Center,  
Conference Rooms 1a and 1b.*

*Teri Gerhard, physical therapist*

### October

#### Relaxation and Guided Imagery

Discover the benefits of guided imagery and breathing techniques and the role they play in helping to enhance well-being.

Free

- Thursday, Oct. 18; 7 p.m.

*Class meets at CC, Morgan Cancer Center,  
Conference Rooms 1a and 1b.*

*Carol Moretz, R.N.*

### November

#### Healing Energies

Promote and maintain your health using simple techniques to help keep you in balance.

Free

- Thursday, Nov. 15; 7 p.m.

*Class meets at CC, Morgan Cancer Center,  
Conference Rooms 1a and 1b.*

*Carol Saxman, R.N., certified massage therapist  
and healing touch practitioner*







## Support Groups

When you're coping with a health problem, loss of a loved one or other life challenge, support from people who've "been there" can make all the difference. You'll hear presentations from experts and share your experiences, concerns and suggestions.

Lehigh Valley Hospital and Health Network sponsors or hosts a large number of support groups, including:

### • Diabetes Support Group

This group for adults with diabetes meets at 7 p.m. on the third Monday of every month.  
Free

*Meets at CC, Classroom 1.*

### • Adult Grief Support Group—

For those who have recently experienced the death of a loved one, this six-week session offers solace, comfort and caring.

Free

• Tuesdays, Sept. 18; 6:30-8 p.m. (first session)

*Meets at MUH, Third Floor Chapel.*

*Rev. Kathryn A. Wieder, staff chaplain*

### • Bereavement Support Group—

For family and friends who have experienced a loss through death. Monthly topics include making decisions, choices in grieving, and exploring relationships and attitudes.

Free

• Tuesday, Oct. 9; 7-9 p.m.

• Tuesday, Nov. 13; 7-9 p.m.

*Meets at CC, Morgan Cancer Center, Suite 114.*

### • Burn Survivor Support Group—

The Lehigh Valley Hospital Burn Survivor Support Group meets every two months.

Free

• Sunday, Oct. 14; 1-3 p.m.

• Sunday, Dec. 9; 1-3 p.m.

*Meets at CC, President's Room or Classroom 1.*

### • Hospice Support Group—

Support, education and fellowship for anyone who has experienced a loss through death.

Free

• First, third and fifth Tuesday of each month; 7:30-9 p.m.

*Meets at 2166, Hospice.*

• First and third Monday of each month; 7-9 p.m.

*Meets at New Life Lutheran Church, Route 309, New Tripoli.*

*Barbara Smith, Hospice chaplain*

### • Cancer Support Groups (see page 34)

For more information on these or other groups, call 610-402-CARE. Our web site ([www.lvhhn.org](http://www.lvhhn.org)) has an online searchable directory of support groups and national health organizations. Go to the web site, click on Calendar of Events, then click on Searchable Directory under the Support Groups heading.

## Voices in Harmony for Community Health **NEW**

A community health conference focusing on relationships, mental health, fitness, nutrition, access to health care and other vital topics, including special evening session for youth. A program of Lehigh Valley Hospital's MESH (Measurable Enhancement of the Status of Health).

\$15 before Sept. 15; \$25 after Sept. 15

• Friday, Oct. 5; 7:30 a.m.-3:30 p.m.;  
7-10 p.m. youth session

*Meets at Iacocca Hall,  
Lehigh University, Bethlehem.*

*Ysaye Barnwell (keynote), community health  
activist and vocalist with Sweet Honey in the Rock*  
*For more information, call 610-402-CARE.*



In publishing *Healthy You*, we rely on the expertise of our primary and specialty physicians at Lehigh Valley Hospital and Health Network.

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Scott Rice, M.D.  
Scott A. Rice, M.D., Pediatrics  
Allentown

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Francis Salerno, M.D.  
LVPG\*—Internal/Geriatric Medicine  
Allentown  
Chief, Division of Geriatrics

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Bruce Ellsweig, M.D.  
Allentown Family Health Specialists  
Allentown

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Richard Boulay, M.D.  
Gynecologic Oncology Specialists  
Allentown

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Laurence Karper, M.D.  
LVPG\*—Psychiatry  
Allentown

## Stress and the Overworked Woman (page 18)

John Scaffidi, M.D.  
John Scaffidi Jr., M.D.  
Allentown

Susan Wiley, M.D.  
LVPG\*—Psychiatry  
Allentown

## Sleep and Your Heart (page 20)

Richard Strobel, M.D.  
Pulmonary Associates  
Allentown

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Sam Bub, M.D.  
Sam Bub, M.D., P.C.  
Emmaus; Wescosville

Bruce Nicholson, M.D.  
Allentown Anesthesia Associates, Inc.  
Allentown  
Chief, Division of Pain Management



\*Lehigh Valley Physician Group

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**Hooked on Smoking (page 3)**  
Coalition for a Smoke-Free Valley

**Take Your Health to Heart in 2002 (page 4)**  
Regional Heart Center  
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**'Best Hospital' Once Again (page 4)**  
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Lehigh Valley Hospital—Muhlenberg

**'Best Hospital' Once Again (page 4)**  
**The Volumetrics Way to Weight Loss (page 8)**  
Helwig Center for Diabetes and  
Nutrition Education  
Lehigh Valley Hospital—17th & Chew  
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**Is Your Child Overbooked? (page 5)**  
**What Is 'Addiction'? (page 14)**  
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**Stress and the Overworked Woman (page 18)**  
**Discovering Your Inner Pack Rat (page 24)**  
Behavioral Health Science Center  
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Lehigh Valley Hospital—17th & Chew  
Lehigh Valley Hospital—Muhlenberg  
Health Center at Trexlertown  
Bath Community Medical Center—  
6649 Chrisphalt Drive, Bath  
Hamburg Family Practice—  
700 Hawk Ridge Drive, Hamburg



# Class Registration and Membership Form

Classes and lectures are held at convenient hospital and community locations. Many are free; a registration fee is required for others as indicated. Choose from a variety of methods for enrolling in other classes. For more information, call 610-402-CARE. Monday-Friday, 8:30 a.m.-4:30 p.m.

## BY FAX:

610-402-2295.

Use the registration form.

Payment by **MasterCard**,  
**Visa** or **Discover**.

## BY PHONE:

Call 610-402-CARE.

Payment by **MasterCard**,  
**Visa** or **Discover**.

## BY MAIL:

Mail registration form  
and payment to

Attn: 402-CARE office at  
Lehigh Valley Hospital  
17th and Chew Streets  
P.O. Box 7017  
Allentown, PA 18105-7017

## ON THE WEB:

Through the Lehigh Valley Hospital  
and Health Network web site  
[www.lvhn.org](http://www.lvhn.org). Go to the  
calendar of events; use the online  
registration form. Payment by  
**MasterCard**, **Visa** or **Discover**.

## PARTICIPANT INFORMATION: This section must be completed

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (Home) \_\_\_\_\_ (Work) \_\_\_\_\_

Date of Birth \_\_\_\_\_ Social Security # \_\_\_\_\_

Are you a Lehigh Valley Hospital employee? ☐ Yes ☐ No

Are you a Vitality Plus Gold member? ☐ Yes ☐ No

**TO REGISTER FOR A CLASS:** Please refer to the course schedule  
(pages 26-35) for class title, date/time and fees. *Please print.*

class title(s)	date/time	fee(s)
_____	_____	_____
_____	_____	_____

## TO BECOME A VITALITY PLUS MEMBER:

Enroll me in Vitality Plus—Healthy Living for People 50 and Over.  
Please refer to page 26 for membership details.

☐ FREE Community Membership

☐ Vitality Plus Gold (\$20/year individual or married couple)

Your date of birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Sex ☐ M ☐ F

Spouse's name \_\_\_\_\_

Social Security # \_\_\_\_\_ Date of birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Your primary care physician \_\_\_\_\_

## PAYMENT INFORMATION: This section must be completed

Make check payable to: Lehigh Valley Hospital

Charge to my credit card ☐ MasterCard ☐ Visa ☐ Discover

CREDIT CARD ACCOUNT NUMBER

\_\_\_\_\_

Signature \_\_\_\_\_ Exp. Date \_\_\_\_\_

**PAYMENT:** Total amount enclosed: \$ \_\_\_\_\_

## LEHIGH VALLEY

HOSPITAL AND  
HEALTH NETWORK

Attn: 402-CARE office at  
Lehigh Valley Hospital  
17th and Chew Streets, P.O. Box 7017  
Allentown, PA 18105-7017

## LEHIGH VALLEY

HOSPITAL AND  
HEALTH NETWORK

Any comments concerning this  
publication may be sent to:

### Healthy You

Attn: Marketing & Public Affairs  
1770 Bathgate Drive  
Bethlehem, PA, 18017 or you  
may call 610-402-CARE.

Visit Lehigh Valley Hospital's  
web site at [www.lvhn.org](http://www.lvhn.org)

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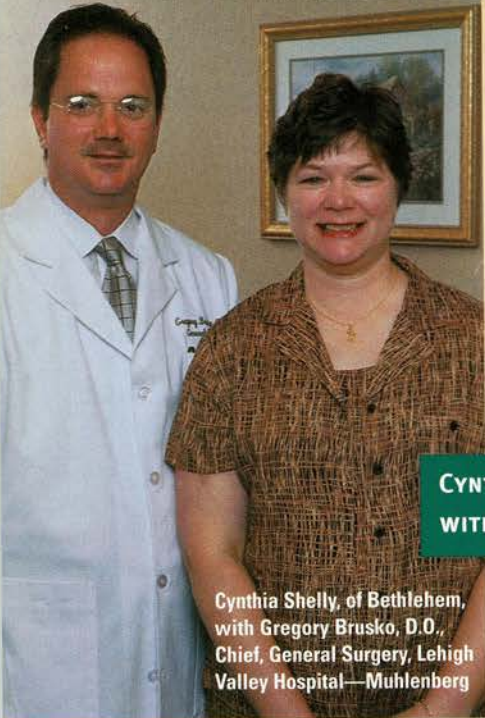
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*Healthy You* is published by Lehigh Valley Hospital and Health Network. Its goal is to provide its readers  
with information and education that will help them and those they care for to enjoy healthier lives.  
Information appearing in this publication is not intended for self-diagnosis and/or treatment. If you have a  
health problem and need help in finding a physician, call 610-402-CARE for further assistance.



Cynthia Shelly, of Bethlehem, with Gregory Brusko, D.O., Chief, General Surgery, Lehigh Valley Hospital—Muhlenberg

*“A mammogram takes just minutes, and it could save your life — like it saved mine.”*

**CYNTHIA SHELLEY’S BREAST CANCER WAS DETECTED EARLY WITH A MAMMOGRAM.**

When Cynthia Shelly went to Lehigh Valley Hospital—Muhlenberg’s Breast Health Services for her regular mammogram at age 40, she was shocked to learn that she had a cancerous breast tumor.

Her surgeon, Gregory Brusko, D.O., recommended lumpectomy followed by radiation therapy. “He treated me like a member of the family,” Mrs. Shelly says. There was no one else I would have trusted with my life.”

Four years later, Cynthia Shelly takes tamoxifen, a drug therapy that increases chances of survival and decreases the chance of recurrence. And she encourages all the women she knows to have their annual mammograms on time. “It’s such a simple procedure that takes just a couple of minutes, and it could save your life,” she says.

## GRAND OPENING CELEBRATION

**For the new Breast Health Services at  
Lehigh Valley Hospital—Muhlenberg**

Schoenersville Road and Westgate Drive  
Bethlehem

Thursday, Nov. 29  
7 a.m.-7 p.m.

**LEHIGH VALLEY**  
HOSPITAL  
**Muhlenberg**

**Cancer Center**

*Member, Penn State Cancer Institute*

**LEHIGH VALLEY**  
HOSPITAL AND  
HEALTH NETWORK

LEHIGH VALLEY HOSPITAL  
Cedar Crest & I-78, Allentown  
17th & Chew Streets, Allentown

LEHIGH VALLEY HOSPITAL—  
MUHLENBERG  
Schoenersville Road & Westgate Drive  
Bethlehem

HEALTH CENTER AT TREXLERTOWN  
Route 222 (Trexler Mall), Trexlertown

[www.lvhhn.org](http://www.lvhhn.org)  
**610-402-CARE**  
**888-LVH-CARE**

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